

Happy New Year!

Common Ground

100% CANADIAN OWNED SINCE 1982 • WWW.COMMONGROUND.CA

ISSUE 162 • JANUARY 2005 • FREE

Flu Vaccine's
Natural Alternatives

Eckhart Tolle's
The Power of Now



America The Book
Jon Stewart

Anger's Deadly Spin
Geoff Olson

Bonne Année Peace and Joy in 2005

EnviroKidz™

Get up, have breakfast, save a Species!

Four years ago, with the launch of the EnviroKidz™ brand, Nature's Path® started donating 1% of all EnviroKidz™ organic product sales to its EnviroFund.

The EnviroFund is distributed annually to causes related to environmental and species conservation.

Last year, EnviroKidz™ broke its annual record with nearly \$100,000 raised, bringing the total amount provided to wildlife conservation to nearly \$300,000 since 2000.

We hope this shows kids that by the choices they make throughout their lives, they can make a difference in the world. With EnviroKidz™, it is possible to get up, have breakfast and help save a species.



www.naturespath.com

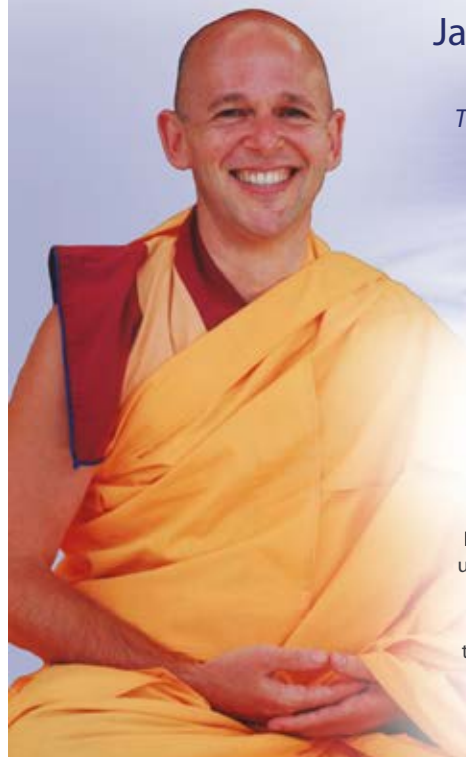
EnviroKidz™ organic cereals, crispy rice bars, cookies and waffles deliver great taste for kids and peace of mind for Moms. They contain no artificial preservatives or additives and are made from ingredients grown without pesticides.

How to Solve our Human Problems

January 15, 2005 11-5pm

~ A Day Course ~

Transform your stress and adversities into the path to inner peace



WITH GEN-LA SAMDEN GYATSO

an outstanding Buddhist Teacher for our modern times

He is the Deputy Spiritual Director of the New Kadampa Tradition ~ an international union of almost 800 Centres in 40 countries.

Gen-la Samden's personal practice shines through his warm, heartfelt and practical teachings. He inspires everyone to engage life purely, peacefully and joyfully.

Cost: \$55

everyone welcome

Burnaby Lake Pavillion ~ 6871 Roberts Street, Burnaby

Please call Tilopa Buddhist Centre to reserve your space today!

Phone: 604-221-2271 www.tilopa.org

CRYSTALWORKS

gifts from the heart of the Earth...

Save up to 50% on crystals, minerals, fossils, jewellery, carvings, Medicine Art, Tibetan singing bowls



Gallery Hours:
Tuesday thru Sunday
11:00am to 5:00pm

1800 West 5th Avenue (at Burrard)

www.crystalworks.ca 604.732.3870 folks@crystalworks.ca

JOAN BORYSENKO

ON THE POWER OF THE MIND TO HEAL

Author of the groundbreaking bestseller *Minding the Body, Mending the Mind*

WEDNESDAY
FEB. 2, 2005
7-10PM

On February 2nd, Joan Borysenko will be in Vancouver to show you the way to access your own inner powers.

Using multi-sensory techniques, Joan will open the door for you to:

- Heal and renew your body, mind and soul
- Clear your mind of fears and illusions that prevent you from being able to listen to your inner wisdom
- Connect more deeply with people you love
- Discover the inner joy and happiness that comes from living a healthy and purposeful life, and from helping others to do the same
- Create inner peace for yourself and use it to help create peace on the planet



REGISTER TODAY!
Call Toll Free 24/7
1-800-486-1411
www.learningannex.ca

The Learning Annex
• LEARN • GROW • PROSPER •

ME TO WE

TUESDAY FEBRUARY 15, 2005 ~ 7-9:30PM

TURNING SELF HELP ON ITS HEAD

One of
CBC's Top
100 GREATEST
CANADIANS

HOW HELPING OTHERS WILL CHANGE YOUR
LIFE & EVERYONE YOU MEET!

WITH

CRAIG & MARC KIELBURGER



Twice nominated for
the NOBEL PEACE PRIZE

Harvard graduate,
Rhodes Scholar &
Oxford-educated lawyer

In this inspiring lecture, Craig & Marc Kielburger, brothers and co-authors of the Canadian bestseller "Me to We: Turning Self-Help On Its Head," will examine first the current model of "Self-Help" and how it has created an isolated seperateness between people. Then they will unveil the new model, which could be characterized in a single word - "Help."

For Special Group rates
of 10 people or more contact Paul toll free at
1-877-277-1240 ext. 2002.

Publisher & Senior Editor · Joseph Roberts
Graphic Design · John William
Accounts · Jim Duff
Contributors · Robert Alstead · Crystal Andrus
· Guy Dauncey · Ishi Dinim · Michael Downey
· R.H. Enjineer · Ilona Hedi Granik Arne
Hansen · Chris Harfman · Vesanto Melina ·
Geoff Olson · Gwen Randall-Young Marya
Skrypiczajko · David Suzuki

Contact Common Ground:
Phone: 604-733-2215 Fax: 604-733-4415
For out of area advertisers
call toll-free 1-800-365-8897
Advertising: admin@commonground.ca
Editorial: editor@commonground.ca

Common Ground Publishing Corp.
Office: 201-3091 W. Broadway
Vancouver, BC V6K 2G9 Canada

ISSN No. 0824-0698

Copies printed: 68,000

Over 250,000 readers per issue

Survey shows 3 to 4 readers/copy.

Annual subscription is \$60 (US\$50) for
one year (12 issues). Single issues are
\$6 (specify issue #). Payable by cheque, Visa,
MasterCard, Interac or money order.

All contents copyrighted. Written permission from the
publisher is required to reproduce, quote, reprint, or
copy any material from Common Ground. Opinions and
views expressed in the articles do not necessarily reflect
those of the publishers or advertisers. Common Ground
Publishing Corp. neither endorses nor assumes any
liability for any and all products or services advertised
or within editorial content. Furthermore, health-related
content is not intended as medical advice and in no
way excludes the necessity of an opinion from a health
professional. Advertisers are solely responsible for their
claims.

100% owned and operated by Canadians.
Published 12 times a year in Canada.

We acknowledge the financial support of the
Government of Canada, through the Canada
Magazine Fund, toward our editorial costs.

Publications Mail Agreement No.40011171
Return undeliverable Canadian addresses to
Circulation Dept.

201-3091 W. Broadway,
Vancouver, BC V6K 2G9
email: editor@commonground.ca

Printed on recycled paper with vegetable-based
inks.

CULTURE

NEW Reader's letters 5

Use your brains for change

Atkinson interview part 2 – Joseph Roberts 6

Anger: The Deadly Spin – Geoff Olson 8

America (The Book) – Geoff Olson 10

Missile defence / sovereignty meltdown – Bo Filter 11

2005 movies – Robert Alstead 18

Plenty – Ishi Dinim 29

HEALTH

NEW Vaccinations risky – R.H. Enjineer 7

Passion – Crystal Andrus 13

Farming threatened – Marya Skrypiczajko 14

Drinking our way to slimness – Vesanto Melina 15

Flu shot natural alternatives – Michael Downey 16

Guelph Organic Conference 17

SPIRITUALITY

NEW You are not your mind – Eckhart Tolle 12

Living a noble life – Gwen Randall-Young 12

ENVIRONMENT

Good news – we can change – David Suzuki 18

Duke Point power struggle – Guy Dauncey 19

Argentine struggle continues Avi Lewis/Naomi Klein 19

LETTERS TO THE EDITOR 4

RESOURCE DIRECTORY 20

CLASSIFIEDS 28

ZODIAC 28

DATEBOOK 29

WWW.COMMONGROUND.

Canada



H.A.N.S.



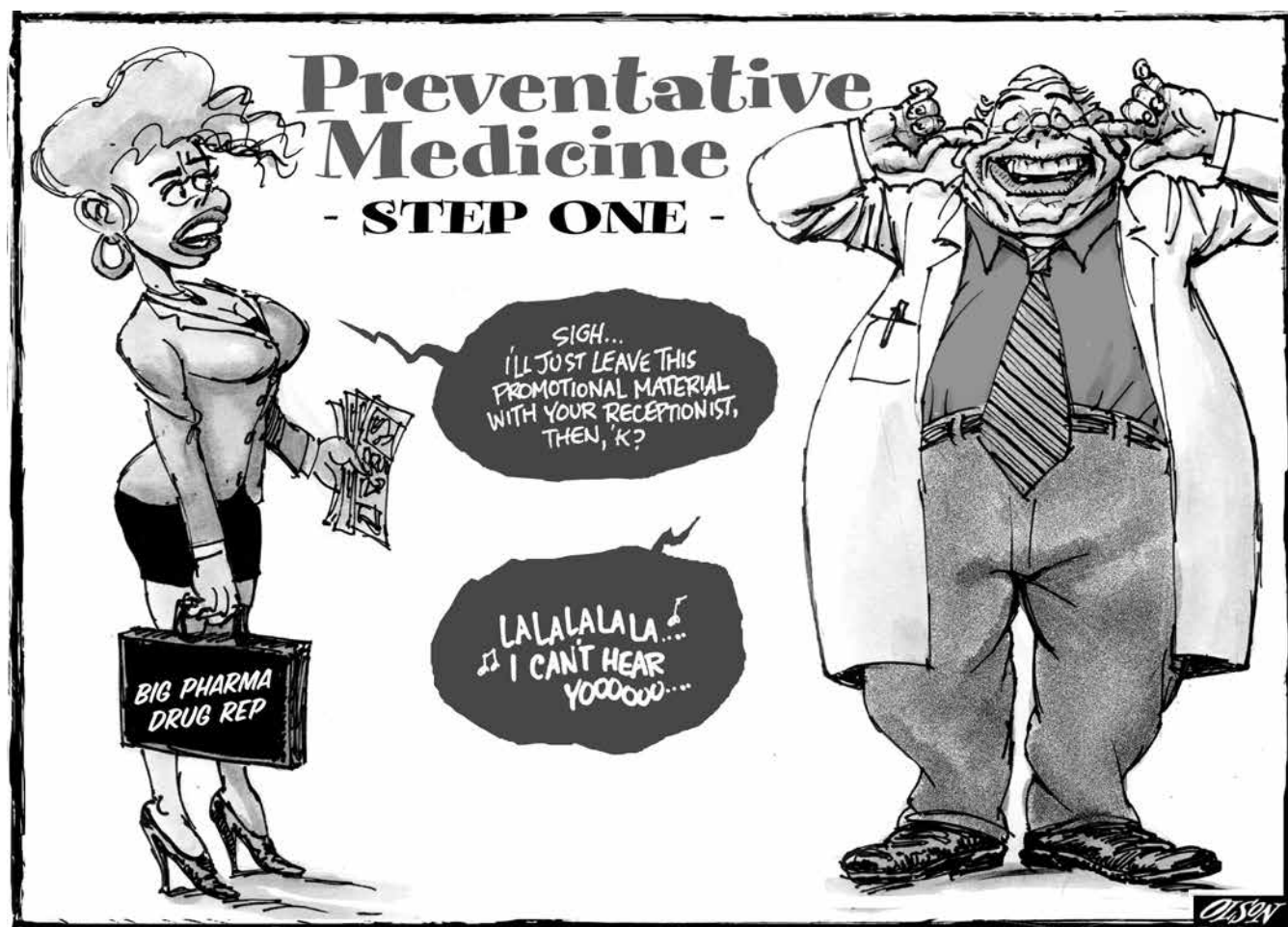
OUR COVER

Concept Joseph Roberts, design Chris Harfman

First came the ideas. Combining culturally different New
Year, friendship between Canada and Asia, East and
West, male and female, God and Goddess, yin and yang,
past and future existing in the now. The ideas evolved.
You hold the cover in your hands.

A design for change and balance. As well a time to
honour and protect our planet from climate change to
transgenic crops. A time for indigenous bear energy. The
strength to do what is right and the patience to hiber-
nate through winter's cold with faith in the eternal cycle
waiting the return of light, warmth and wisdom.

To all a very best 2005, whether your heritage is
French, English, Hindi, Chinese, Japanese, Vietnamese,
Malaysian or African. God and nature bless us. May
you find peace, happiness and balance in the New Year
whether you are from the North, South, West or Middle
East.



My favourite day of the year

As I walked to work Tuesday on winter solstice the darkness and light of the past poured into remembrance. 2004 was both troubling and inspiring as I waited for the longest night to pass.

Walking is healthy and natural. The mind can wander and be open to inspiration without the fear and stress of driving. It is ours to commune or commute.

Steeping out onto the sidewalk, much has changed. Met visually with the bright blue recycling boxes and yellow plastic bags sponsored by the very newspapers that fill them. These are symbolic spring flowers of an industrial-realized, still somewhat unconscious, society. I remember long ago the battle to get recycling adopted.

Yes Toto we may even get the Kyoto Protocol agreed to by the Empire.

A soggy littered cigarette packet screams out from rotting teeth the warning of how using this product causes cancer. Remember the fight against the brown tobacco plague, with their slippery PR con men trying to justify the killing of millions. We persevered and forced the labeling of toxic tobacco. Yes, the cigarette

industry is trying to beat its rap in the supreme court to roll back the required health protection warnings because the sobering messages are lowering consumption and cancer from smoking.

In the city become a consummate walker. Choose whenever possible to walk on grass or unpaved alleys rather than the hard monotonous concrete. The irregularities and softer surfaces are a treat. A good stroll massages the body's joints and organs, as well as soothing a stressed-out mind.

A quarter million of us read Common Ground's physical magazine and God knows how many read CG's internet version at www.commonground.ca. Your global friends everywhere in the world can read CG locally, and we love receiving their letters.

Common Ground launches new initiatives for the New Year:

AWARE AND ENLIGHTENING A & E
(coming soon to a magazine near you)
Arts and Entertainment section focus-

ing on the wonderful creations and important performances that increase Awareness and Enlightenment. A & E that is positively great music, dance, food, theatre, movies, concerts, galleries, painting, sculpture, poetry, writing, and interviews with the people who create consciousness. ETA is February so send in your leads now because, as a monthly magazine, we need lead time to fully develop the best ways to include upcoming events.

Here is what is beginning with this edition January 2005:

YOUR LETTERS WIN

Common Ground is starting a new feature committed to printing the best letters or emails each month. Response to our December John Lennon article follows. Now you know, so write down your thoughts, (concise is nice) and send those letters in!

NEW HEALTH ACTION

Kicking off our new Health Action monthly feature CG takes a tough look at continued on page 17

We love John, too!

LETTERS

Thank you for this soul revealing column. I feel the same way about John Lennon, his genius, and his position as a major role model in my life. I miss him deeply whenever he comes fully into my consciousness. A sense of mourning that has never abated.

His journey has been my journey and his death by fame has made me take a very hard look at what is important in my life. His last few years with Sean and Yoko have been touchstones for my own personal development.

To close the movie *The Killing Fields*, with *Imagine*, was a stroke of genius that benediction washed away all of the horror by setting us back onto the path of personal and spiritual evolution we are all living. You are an important writer in my life. If you are the same person who does the cartoons you are even more of a delight in my life.

We are star people. Shine on!
Ray Bannatyne,
Vancouver

I recently picked up the latest Common Ground as I do every month. What compelled me more than the arrival of CG was your beautiful cover of one of my most favourite people in the world, John Lennon.

I was eight years old when he died and 15 when I became a huge fan. Your article moved me to tears, as does his music.

[Geoff Olson's] article was written with the same depth of passion and knowledge as John had for peace, love and music. I

hope that Common Ground will continue to explore the music community for the support against war and the vigilance of keeping the peace so we can all "come together."

Warmest of regards and thank you,
Tracey MacLean,
account manager,
99.3 FM, The Fox

Thanks for sharing some Lennon insight, glad to have found it so close to December 8. By the way, Ringo was born three months before John. Thanks again, for the quotes at the end especially.

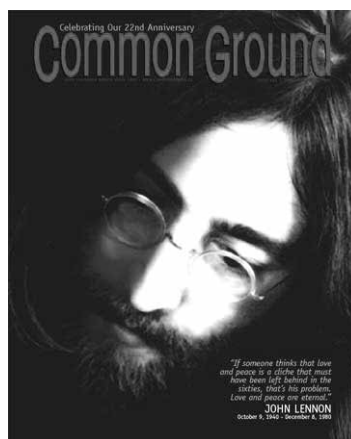
Crystal Cromwell,
Brantford, Ontario

I'm writing just to say what a lovely piece on Lennon. One of my favourite quotes from

Lennon is, "No one I think, is in my tree. I mean it must be high or low" from *Strawberry Fields*. He was someone special. Just a minor note: Ringo was the eldest; still is.

Thanks for the article.
Jennifer Campbell,
Austin, Texas

Hi, just wanted to say I read your piece on John Lennon and loved it. Very well written. Makes me really miss him...



again. If anyone deserves a berth on that peace train to heaven, John does.

"Love is a flower, you gotta let it, you gotta let it grow."

Kurt Buehler,
Vancouver

Thank you for such a beautiful cover and words for December.

I marvel at the soul reflected back from the picture of the man of the garden; dear Johnny as Elton sang.

Kind wishes and care,
Tony Jordan,
Vancouver, BC

Just a short note of thanks for the inspiring interview in Common Ground's December issue. I'm looking forward to the follow-up of this in the next edition.

Your comments regarding Milton Erickson were especially uplifting and they make so much sense.

Much, much thanks.

Regards,
Michael Furey,
Toronto, Ontario

Editor's note: Part 2 of the Marilyn Atkinson interview is in this edition, starting on Page 6.

S
spirithouse
THAI PRODUCT TRADE

NEW YEAR SPECIAL!



spirit season

The belief in nature spirits is as old as human kind. Thai teak-wood spirit houses are a unique way to bring a guardian spirit into your life for harmony, good fortune and protection. Sure to delight that special gardener, home decorator or nature lover, and excellent as a house warming or wedding gift.



gift ideas

The Spirithouse is a treasure trove of unique hand-crafted made-in-Thailand goodies. We stock a wide range of home decor, Buddha images, jewellery, cloth, wood and paper products.

SAVE 20%

Mention this ad and save 20% on any item in the store. Limit: one item per customer. Not to be combined with any other offer. Expires: January 31, 2005

3673 West Broadway
* **604-730-8310**
www.spirithouse.ca

Using our brains for change

MARILYN ATKINSON INTERVIEW PART 2

by Joseph Roberts

CULTURE

Joseph Roberts Tell us about the cerebral cortex. You say it is about two to three million years old. What is it doing? How does it learn?

Marilyn Atkinson Well, research on the brain is amazing. We've got this three million year old brain that is so new that we only use 5 percent to 15 percent of it. Yet, visually it can do miraculous things that the older emotional brain could never begin to do. This brain is 1,000 times more flexible than the emotional brain. The big news is that good coaching taps this vast potential. Because we can see overviews we can diagram and create maps, we can create visual plans, sequences and flowing details that allow us to really succeed.

It is exhilarating to see a person really start to develop this vision and value system. We can connect heart and mind. And we do literally start growing neuron connectors. A myelin sheath develops around the circuitries that hold our new flexible processes for learning and it's like when you ride a bicycle it takes a couple of weeks to really learn. As the neurons get sheathed, then you can ride a bicycle for the rest of your life.

JR What does the middle, emotional or so-called mammal brain do?

MA Our emotional brain is the limbic system. It's the group brain system needed by mammals for nurturing and establishing family systems, so it is where we actually connect into our love of each other. The emotional brain has got some hugely important qualities, but it's also habitual, simplistic, very hierarchical and focused on either/or, right or wrong, good/bad, yours/mine. Its goals are very short term.

But there's a new kid on the block called language, which is at best 200,000 years

old. Complex language is at best maybe 65,000 years old. This means something major has happened in our development in the last 50,000 years.

JR Well, how is this relevant?

MA It's relevant because to understand the new humanity we can't forget where we came from. People get lost in the future sometimes. People get lost in the future because they get lost in little specific futures. They see only certain areas of life. It's like having your library card to only one room in the whole library of life. Each of us can, in fact, connect

It's like having your library card to only one room in the whole library of life.

fully into the whole system and get into the flow of amazing capacities to see choice and change past, present and future. This is what we teach at Erickson. We can ask questions that take us right into the largest perspective that connects heart and mind, vision and value.

When we start by questioning and visualizing from our values, then a flow of information opens up a whole creative, innovative integration. Creative integration, our deeper knowledge system, is enormous and it's available with practice.

JR So, the brain has three parts. The ancient reptilian brain centres us from present to past and its focus is physical movement and survival. The middle brain is now centred, linking us to the emotions and communications. The cerebral cortex, our newer brain, gives us future planning capacities and visual capabilities. So, which one gets programmed by television?

MA Well, they all do because of the power of emotion and tone in all conversation. We literally are fixated to tone throughout life.

Negatives are very interesting. If you

hear you're inadequate to do something it stays with you because you hear negative tone. If somebody growls at us and says something that for us is a negative about ourselves, we may still hear that same tone for many years after. We might play that "tape recoding" again and again. People so easily get caught in simplifying belief systems formed by conclusions said in a negative tone.

JR Are you saying that negative language doesn't allow us to see futures, because as we're playing these tape recordings we can't then easily visualize choices?

MA That's right. People just talk conclusions to themselves instead of making pictures and asking questions.

A lot of people don't visualize because they have not developed that skill set, they don't even know it's missing. This is true for the majority of people on the planet. We've become so overwhelmed by directive training and schooling dominated by closed statements and conclusions, that we've mostly developed closed, auditory thought systems.

As adults we hear our own inner negative tonal command structures; ideas like "you will probably fail again." It's what in coaching we call a gremlin. Negative conclusions are like a cork in the bottle. They plug up the whole visualizing capacity.

It's a failure "growl" if you like, from the old tonal, emotional, mammal brain. People might play it as a tape recording in their thoughts for years. It creates moods, say of regret, or sadness.

A study of toddlers from many homes in California who wore a tape recorder daily for a week, showed that 85 percent of the time, whenever communicating to

adults about anything, they were told no. That's huge. With our recent discoveries we can now learn to move beyond these early auditory conclusion systems of "I can't do this" or "I shouldn't learn that."

JR Over the years you ran one of the first NLP schools and taught a lot of people through that tradition. What was the name of your school before it became Erickson College?

MA It was the BC NLP Institute, also Toronto and Eastern Canada. We opened up NLP in Canada 20 years ago. We still teach three tiers of NLP training.

JR How did you get into NLP and what influence did it have on the human development movement?

MA What I loved about NLP in the early days was that 60 percent of it was based on Milton Erickson's work. His focus was on how people could become masterful in their own lives. NLP offered us so many ways to explore people's inner skills. I could learn from masters who were very good at what I was not good at, exploring mastery in the sense of learning and creativity, but also discovering ways to

connect more profoundly with other human beings.

As an NLP master trainer, and as a psychotherapist, I find the wish to support people a wonderful urge in

People so easily get caught in simplifying belief systems formed by conclusions said in a negative tone.

humanity. I think that wish is like a great river that's flowing into our future. The surprising thing today is that this original focus on wanting to assist has turned inside out. Coaches are learning what's needed, and people can do the job themselves.

NLP provided us a wonderful chance to get a coach position or witness position
continued on page 15



Dahn Energy Training

More Than Just Yoga...

Classes combine:

- *Brain Respiration
- *Yoga
- *Workshops
- *Energy Meditation
- *Chakra Breathwork


Call for class info or to book a personal energy check-up - \$20 (40 min)

North Vancouver 604-988-7499
#202-1075 Marine Dr. @ Lloyd
or Kitsilano 604-714-0074
#105-1765 West 8th Ave.
@ Burrard

www.dahnworld.com
www.brainrespiration.com

TEACHER TRAINING SESSION OFFERED IN 2005*

*Yoga Alliance Registered - call/email for info



www.opendooryoga.bc.ca

YOGA

Energy and Relaxation

197 E. 17th Ave.
at Main Street
778.371.8179

\$99 for 9 weeks unlimited*
*new students only

trinityyoga
mind body spirit

Teacher Training & Advanced Yoga Studies



A Yoga Alliance Certified Program

www.trinityyoga.net
1-866-726-9262

Vaccinations risky

by R.H. Enjjineer

During the latest flu panic, millions of North Americans flocked to clinics, some travelling hundreds of miles to surrender an arm to the hallowed needle. On pilgrimage, few questioned the efficacy or safety of the rite, let alone the wisdom of authorities who decreed the necessity to protect babe and senior alike from the blasphemous bug.

If few challenged the dogma, it's hardly surprising.

Media pundits did not inform us that the 2003 flu scare was manufactured by "experts" tied to industry to expand the market after companies lost \$120 million from 12 million unused doses the year prior.

But some influential medical experts did speak up like Dr. J. Anthony Morris, former chief vaccine control officer and research virologist with the US Food and Drug Administration. He stated that "There is no evidence any influenza vaccine is effective...The producers of these vaccines know they are useless but go on selling them anyway."

The spoon-fed myth that vaccines rescued humanity from deadly scourges was

enough to coax masses to battle for a spot in line. Historical evidence, however, shows that morbidity from infectious disease declined sharply before vaccines were introduced. Improved living standards, proper sewage and garbage disposal and safer drinking water were the real heroes against deadly scourges including scarlet fever and the plague.

Historical deception, however, has its victims. In the Philippines more than

"There is no evidence any influenza vaccine is effective...The producers of these vaccines know they are useless but go on selling them

- Dr. J. Anthony Morris, former chief vaccine control officer US FDA

60,000 died from smallpox between 1918 and 1919 in spite of mass immunization programs, and in 1976, polio vaccine developer Dr. Jonas Salk stated that the live-virus vaccine was the "principal, if not sole cause" of all reported US polio cases since 1961.

Today, a growing body of research implicating vaccination with causing allergies, asthma, arthritis, ADD, autism, diabetes, MS and cancer gets censored or conveniently discredited by pharmaceutical-industry-fed media. "We've been the victims of a carefully orchestrated, programmed propaganda campaign in which maximum publicity is repeatedly given to rare complications from a childhood disease, while actively suppressing the case of morbidity and death caused by vaccines," according to Thomas Stone, MD.

After all, research by renowned US immunogeneticist, Dr. Hugh Fudenberg linking regular flu shots with a significant increased risk of Alzheimer's disease does not make for good PR. Fortunately, not all health officials robotically recite the dataless mantra, "the benefits outweigh the risks."

"Public policy regarding vaccines is fundamentally flawed. It is permeated by conflicts of interest, based on poor scientific methodology and insulated from independent criticism...Our children face the possibility of serious long term adverse effects or death from mandated vaccines

that aren't necessary or have very limited benefits," says Jane Orient, MD, executive director of the Association of American Physicians and Surgeons.

According to Dr. Zoltan Rona of

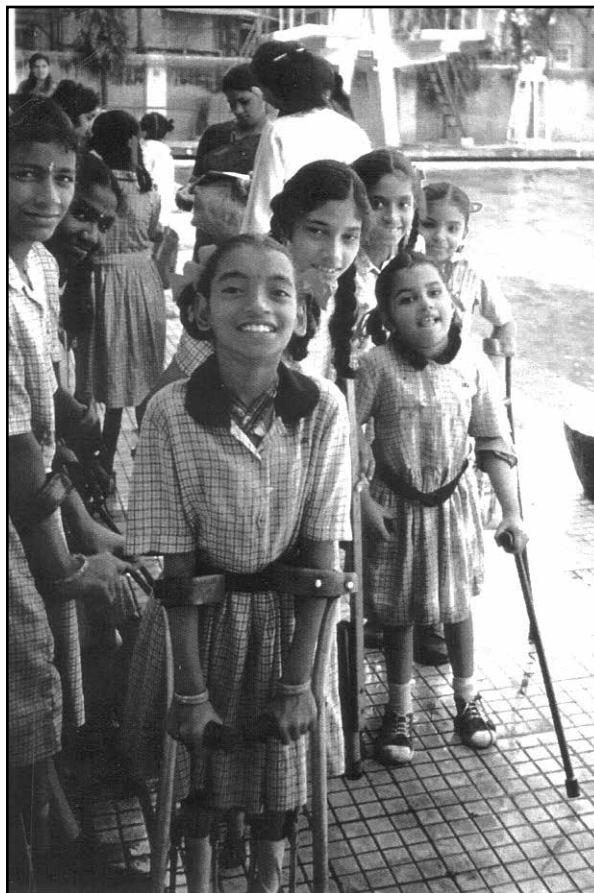
The War on Health. The first evening, Wednesday, January 26, electromagnetic radiation expert Milt Bowling will discuss the latest research on cell phone risks, conduct a demo showing the harm and include excerpts from the documentary, DNA, Democracy and the Wireless Revolution.

Topics to be addressed on Tuesday, February 1 include: a historical review of the hijacking of the medical system; the suppression of successful therapies; and the ominous Homeland Security Model Emergency Health Powers Act being considered in the US, under which compulsory injections and medical treatments could be enforced.

On Wednesday, February 9, the lecture will target AIDS and include excerpts from the explosive Vancouver International Film Festival documentary, The Other Side of AIDS. This provocative work challenges the official hypothesis, probes the accuracy of HIV testing and exposes the dangers of anti-viral drugs. Important research on safely treating AIDS will also be discussed.

On Wednesday, February 16, the dubious history and scientific fraud behind the toxic artificial sweetener Aspartame will be explored. How did a substance linked to serious neurological damage get the regulatory OK and what role did Donald Rumsfeld play in the process. Documentary excerpts from Sweet Poison will be included.


Lastly, but definitely not least, the talk Wednesday, February 23 will look at the politics, safety and so-called "science" continued on page 16




Students from a school for polio vaccine victims, Bombay, India, 1992.

Toronto, author of Alternatives to Vaccination, "Studies are increasingly pointing to the conclusion that vaccines represent a dangerous assault to the immune system, leading to autoimmune diseases like multiple sclerosis, lupus, juvenile onset diabetes, fibromyalgia and chronic fatigue syndrome, as well as previously rare disorders like brain cancer, childhood leukemia, sudden infant death syndrome, autism and asthma."

Vaccination is one of several issues to be scrutinized in a five part lecture series,



finlandia
natural pharmacy



Super Support

At Super Prices

Best Wishes
for the New Year
from all the staff at
Finlandia!

1964 WEST BROADWAY @ MAPLE
(604)733-5323
(800)363-4372
www.finlandiapharmacy.com

**MERIDIAN
PILATES STUDIO**

"Physical Fitness is the first requisite of happiness." - Joseph H. Pilates

We offer the following ongoing classes:

Mat Classes:
Beginner to Advanced

Reformer Groups:
Mixed Levels Led levels 1 to 4

Private Lessons


SCHEDULES & RATES
WWW.MERIDIANPILATES.CA

#202 - 2475 BAYSWATER ST.
(@ W. BROADWAY)
PH 604-730-4094 FAX 604-730-4174



YOGA TEACHER TRAINING

Classical Roots
Contemporary Applications




Yoga Alliance Registered - Residential
200 HR Training - 500 HR Modules
Experienced 16 Member Faculty



Yoga and Personal Wellness Retreats
250-537-2326 www.saltspringcentre.com

BODITREE



Pilates & Healing

PERSONALIZED EXERCISE PROGRAMS
FOR INDIVIDUAL NEEDS

pain management • injury rehabilitation
athletic conditioning

604-736-2634
210-2006 West 10th Ave.

www.boditrepilates.com

Anger

THE SEVEN DEADLY SPINS CONTINUES

by Geoff Olson

Greed drives the desire for profit at any cost. Envy is a mainstay of the fashion industry, and marketing as a whole. Anger is subtly exploited in the Army of One fantasies of video games and recruitment advertisements. Pride fuels the “high self-esteem” bandwagon. In the era of hypercapitalism, these and most of the other so-called deadly sins have been rehabilitated by the market as positive, even praiseworthy, states of mind. “Sin” has been spun. Hence, what I call The Deadly Spins.

“It’s too late to turn back; ours is now an anger-based economy. I see a glorious tomorrow where hybrid vehicles run half on gasoline, and half on ‘seething hate.’ I call it rageohol. Join me in the future: for the future belongs to the furious.”

- The Daily Show’s Steven Colbert on US election night, November 2, 2004.

Air rage. Road rage. Work rage. It seems like everyone is raging about something these days. An acquaintance recently told me of a time-consuming headache that resulted when he forgot to bring his membership card to a large supermarket chain. In response, he threw his shopping basket to the side and stomped out of the supermarket. “Store rage!” I laughed. Yet I wonder how long it will be before store rage joins other defining signals of overcomplicated, overworked, overextended lifestyles.

These stress-related hissy-fits are the minor meltdowns of modern life. At a bigger scale, the new millennium has seen an explosion of conflicts and wars, as the “people of the book” – Jews, Christians, and Muslims – experience “God rage.” In holy texts from the first two groups, Jehovah is forever raining fire and brimstone on unbelievers, or otherwise smiting the enemies of Israel. Even with his own “chosen people,” the Creator demonstrates what looks suspiciously like a bipolar streak. A pop cultural riff on this cosmic indignation was captured perfectly in the film *Pulp Fiction*, in which Samuel L. Jackson’s character dispatched his enemies with a handgun and a few lines from the Book of Ezekiel. “And I will strike down upon thee with great vengeance and furious anger, those who attempt to poison and destroy my brothers! And you will know my name is the Lord when I lay my vengeance upon thee!”

From Judaic literature we read that “God is jealous, and the Lord revengeth and is furious; the Lord will take vengeance on his adversaries and he reserveth wrath for his enemies.” Islamic texts, which draw from the same historical DNA as the Judaic and Christian texts (the three religions share Abraham, Moses, and others as prophets), have similarly dubious material about cosmic tantrums. Is it any wonder the world today

is such a mess, when the CEO of Smite has branch plants of rage across the East and West?

Pope Gregory listed anger among the seven deadly sins, recognizing its destructive qualities both within and without

gion has had an ambivalent relationship with the emotion of anger. That hasn’t changed greatly in the past two millennia. What has changed is that anger, like the other so-called deadly sins, has been profitably spun by the mass market into one of the Deadly Spins. Anger moves product – and more than just the weaponry of international arms merchants.

Examples litter the pop culture landscape. Violent imagery for children, once limited to anvils dropping on Saturday morning cartoon characters, has morphed into today’s technically accomplished overkill. From the stylized violence of celebrity wrestlers to the digitized destruction of characters in video games, there’s a whole lot of smitin’ goin’ on. Sociologists and pundits argue over statistics linking teen violence to violent imagery, and whether the media is merely a mirror to culture at large, or a force unto itself.

In spring of 2001, two Vermont teenagers charged with the knifing murder of two Dartmouth College professors went

from civic life, saturated by the mythic violent imagery of popular culture, and consumed by the dictates of some private murderous fantasy.”

The kids didn’t fit into any popularly imagined demographic of inner city gang-bangers, or white-trash troublemakers. Neither did the mass-murdering “trench-coat mafia” from Columbine high school, who preferred the byways of cyberspace to high school hallways. The role of pop-culture in this kind of criminal behaviour is a complex issue. We have to factor in the phenomenon of a declining middle class, and all its baggage: retreating social services and public spaces, the emergence of two-income families, the loss of community, and the rise of latchkey kids. “School’s burned down forever,” Alice Cooper sang 30 years ago – yet the rocker inspired no known outbreaks of high school pyromania. The lyrics of Judas Priest and other heavy metal bands failed to set pimply pupils off on killing sprees. So a one-to-one correspondence between pop culture and teen terror isn’t likely – but that doesn’t mean we shouldn’t ask if youthful anger has been spun into a salable commodity by today’s massive machinery of hype.

I present as Exhibit A, a band called Slipknot.

Slipknot members are proclaimed as the heaviest practitioners of nu-metal, a genre of rock informed by over-the-top anger. The opening track on their multi-million-selling first album is *People Are Shit*. The *Telegraph* supplied a description of the band in action in 2002: “Onstage, the ensemble create a blitzkrieg of noise while hurling themselves aggressively about a high-tech set of exploding fireballs and giant flying drums, pausing only to defecate, urinate and masturbate in weird nihilistic pantomime of bad behaviour.”

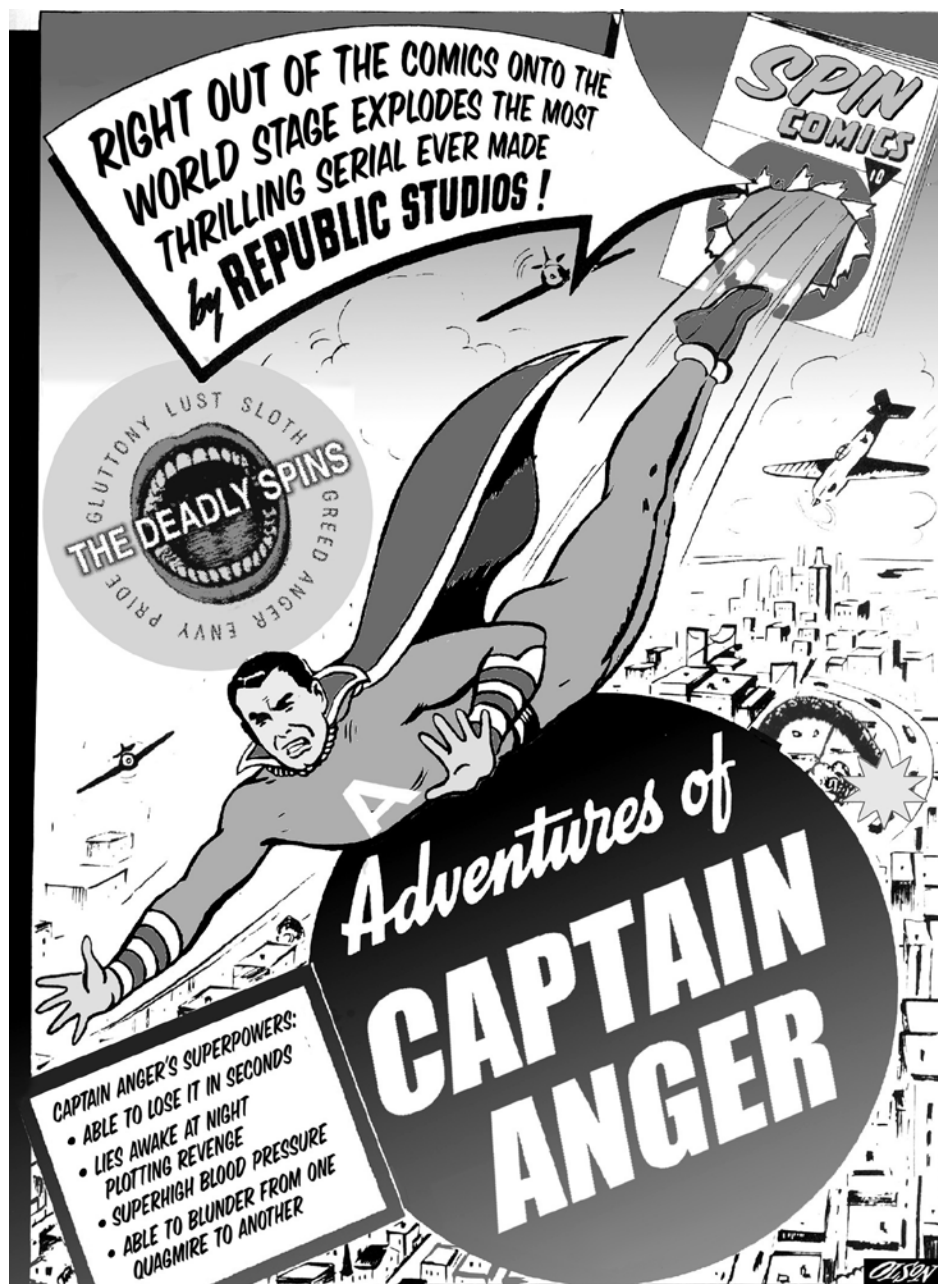
It may seem Slipknot scored a record contract through some perverse marketing accident, but that would be the wrong reading of how rock groups are made these days. The band is an entity crafted by the US music industry. Music executives know there is a significant demographic for nihilistic material. And with each new entry into this market, the jaded palate of bored teens requires something stronger the next time around. Slipknot and other hardcore bands are the logical successor to Eminem, whose faux-rap posturings continue to move millions of units. Which makes one wonder: what band will the music industry introduce to top this? As the economic vise grows tighter on the middle class in North America, and opportunities for the young shrink further, what market-tested hate will be crafted to capitalize on inchoate rage, and the few dollars young consumers have left to spend? That’s where religion and marketing come in again.

Part 2

“A psychiatrist testified...he (the 19-year-old who firebombed a Jewish school in Montreal last April) committed the internationally denounced hate crime just to be cool.”

- The Montreal Gazette, December 17

In his book *The Pyrotechnic*



the community. There are also rabbinical Talmudic dicta to the same effect: “At first anger is like a transient lodger, then a guest, but after a while it becomes the host.” Islamic mysticism rejects hatred and embraces love. Clearly, organized reli-

on trial. Ron Powers summed up the crime in *The Atlantic Monthly*: “The case offers entry into a disturbing subject: acts of lethal violence committed by ‘ordinary’ teenagers from ‘ordinary’ communities, teenagers who have become detached

Insanitorium, culture critic Mark Dery describes standing before a video store window display on San Francisco's Haight Street. "A veritable pantheon of alt.culture demigods, it features T-shirts silk-screened with images of the affectless killers Reservoir Dogs; Al Pacino as the blood-drunk mobster in Scarface; Marlon Brando as the unhinged Colonel Kurtz in Apocalypse Now; Jack Nicholson the leering, mugging psycho-dad in The Shining; Henry, the shock weirdo in Eraserhead; and, of course, Dennis Hopper as Frank, the charismatic sociopath in Blue Velvet."

"Late in the twentieth century, these are our household deities," writes Dery.

We love our pop-culture monsters. One reason is that it's fun to be scared vicariously. Another reason could be that these murderous misanthropes are seen as more in tune with the times than the few remaining culture heroes who command our admiration (many of whom hail from the world of big money sports).

Of course, adults have been going on about media contamination of children

In 1976, McLuhan wrote that "the loss of individual and personal meaning via the electronic media ensures a corresponding and reciprocal violence from those so deprived of their identities; for violence, whether spiritual or physical, is a quest for identity and the meaningful. The less identity, the

since the era of vinyl records and rabbit-ear antennae. Yet our media environment has been with us long enough that solid research on its influence can now be conducted. In 1994 George Gerbner, dean emeritus at the University of Pennsylvania's school for communications, conducted a study of the social impact of violence on television. He concluded that "heavy viewers are more likely than comparable groups of lighter viewers to overestimate one's chances of involvement in violence; to believe that one's neighbourhood is unsafe; to state that fear of crime is a very serious personal problem; and to assume that crime is rising, regardless of the facts of the case...other results show the viewers are also more likely to have bought new locks and watchdogs, for protection."

In this climate of fear (and fear is anger's fraternal twin), the charismatic sociopath from Blue Velvet isn't just some weirdo in a movie; he's imagined into being as the guy living next door.

Ironically, according to statistics, violent crime has declined over the past 10 years across North America, yet new forms of violence are emerging among the young. Girl-on-girl beatings are increasingly commonplace. Shootings by teens at high schools, a phenomenon unheard of only a decade ago, have resulted in increased

security presence in many US schools. Many of them are now the educational equivalents of correctional facilities.

Is the sitcom mentality, where every problem has a half-hour solution, melding with private fantasies of computer-gamer violence? Isolated from others in an educational setting that increasingly pushes on-line learning and studying alone – and using much of their free time to navigate on the web and chat online – the young are being removed from the face-to-face influence of family and community.

Decades ago, Canadian professor Marshall McLuhan saw the social fallout from technology's acceleration of daily living. "In the eighties, as we transfer our whole being to the data bank, privacy will become a ghost or echo of its former self and what remains of community will disappear."

What was only a nascent phenomenon toward the end of McLuhan's life has taken on sharper outlines in the past decade. We're in a better position now to understand what he was talking about. In a letter to a friend in 1975, the University of Toronto professor explained the psychological fallout from the individual's immersion in the electronic collective. "I first began to explain...that pornography and violence are by-products of societies in which private identity has been scrubbed or destroyed by sudden environmental change, or unexpected confrontations that disrupt the image the individual or the group entertains of itself. Any loss of identity prompts people to seek reassurance and rediscovery of themselves by testing, and even by violence. Today, the electric revolution, the wired planet, and the information environment involve everybody in everybody to the point of individual extinction."

In 1976, McLuhan wrote that "the loss of individual and personal meaning via the electronic media ensures a corresponding and reciprocal violence from those so deprived of their identities; for violence, whether spiritual or physical, is a quest for identity and the meaningful. The less identity, the more violence."

In an alienated milieu, with children and adults electronically connected but communally adrift, the human soul becomes a petri dish for the virus of violent nihilism. The web-surfing Columbine killers, bullied by school jocks, had as their cultural DNA the revenge motifs from action films and computer games. Like many other anonymous types who have sought out identity through ammo, they were the products of an electronic age where private achievement and communal good works has shrunk into irrelevance before the glittering promise of television celebrity. And when celebrity of most compelling kind – global infamy – can be bought for the price of a handgun, there will always be those few whose fear of the consequences will be overcome by private fantasies of violent retribution and the attendant 15 minutes of fame.

Once in the sights of the media eye, the killer is no longer immersed in the electronic collective like all the others, but singled out for attention. In a 1974

continued on page 27



FREE CD and Report Reveals...

The Most Powerful Personal Growth and Stress Management Tool On Earth and How This Miracle Audio Technology Will Have You Meditating Deeper Than a Zen Monk in 17 Minutes or Less, Guaranteed

If you'd like to meditate deeper than a Zen monk, literally at the touch of a button, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilizing a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of deep meditation — and causes the creation of new mind-enhancing neural connections between left and right brain hemispheres.

Now a New CD and Report Reveal...

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neurochemicals that can slow aging and increase longevity.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your health.
- How to heighten your creativity and problem-solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to have more happiness and "flow" in your life.
- How to heal mental and emotional blocks.

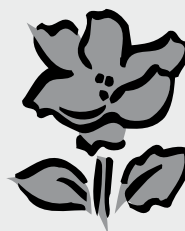
The complete educational report on this amazing new technology and Holosync® CD, worth \$19.95, are FREE to Common Ground readers for a limited time.

Call NOW for your FREE CD and Report toll-free (24 hrs)

1-800-710-1804

www.magicalmindonline.com

PHARMASAVE
presents



THE
WELLNESS
SHOW



CHOICES
Tourism and Natural Foods Group
a proud BC company



FEBRUARY 4, 5 & 6, 2005

VANCOUVER CONVENTION AND EXHIBITION CENTRE
(CANADA PLACE, UNDER THE FIVE SAILS)

...helping you find balance



THE LARGEST SHOWCASE OF ITS KIND IN WESTERN CANADA
Exhibits • Seminars • Cooking Demos • Pilates • Yoga Classes



\$9.50 GENERAL ADMISSION
\$8.50 FOR SENIORS (65+) & STUDENTS
\$4.00 FOR CHILDREN 6-15
FREE FOR 5 YEARS & UNDER
\$20.00 3 DAY PASS

EVENT INFORMATION 604-983-2794

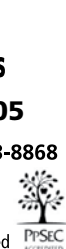
www.thewellnessshow.com

ACADEMY OF CLASSICAL ORIENTAL SCIENCES

3, 4 & 5 Year
Chinese Medicine Diploma Programs
NEXT ENTRY SEPTEMBER 2005

For calendars and applications call 1-888-333-8868
www.acos.org

Financial Assistance may be available Transfer Credits Accepted



- Acupuncture
- Chinese Herbs
- Tuina Massage
- Diet
- Qigong
- Western Medicine Component
- Chinese Language Component

303 Vernon Street, Nelson, BC Canada V1L 4E3 • Email acos@acos.org • Fax 250-352-3458

America (The Book)

A CITIZEN'S GUIDE TO DEMOCRACY INACTION

Book review by Geoff Olson

I had difficulty picking up this book. Not in the sense of finding it (it's everywhere) or that it's big and heavy (it's relatively lightweight). It's a mood thing. While the countdown to the US presidential election may have done wonders for satire, the November fallout didn't do much for laughter. I had no great desire to review anything humorous about the US. But luckily, this is a book that rewards random surfing rather than sequential reading. (I know what you're saying; "so you still haven't read it all the way through, huh Olson?")

America: (The Book) is a team effort from the writers of The Daily Show, a "fake news" program seen here on the Comedy Channel. Hosted by Jon Stewart, it's the brightest, hippest offering from US network television. And Stewart, one of the sharper blades in the media pantry, doesn't suffer fools gladly. A few months ago, when the hosts of CNN's Crossfire grilled him for being too soft on guest Senator John Kerry, he responded that it was CNN that should be held to professional standards of journalism, not a show "preceded by puppets making crank phone calls." Touché.

Stewart and his stalwart crew of fake news reporters are actually as hard on the Democrats as they are on the Republicans. This equal opportunity satire is exported to the book, which is loosely modeled on a US high school civics text. Chirpy factoids and sprightly charts decorate the pages, reminiscent of past satirical efforts out of the New York publishing world, like Spy Magazine and National Lampoon's

high school yearbook series.

The foreword by Thomas Jefferson is a nice touch. "We were men. We had flaws. Adams was an unbearable prick and squealed girlishly at the sight of a bug.

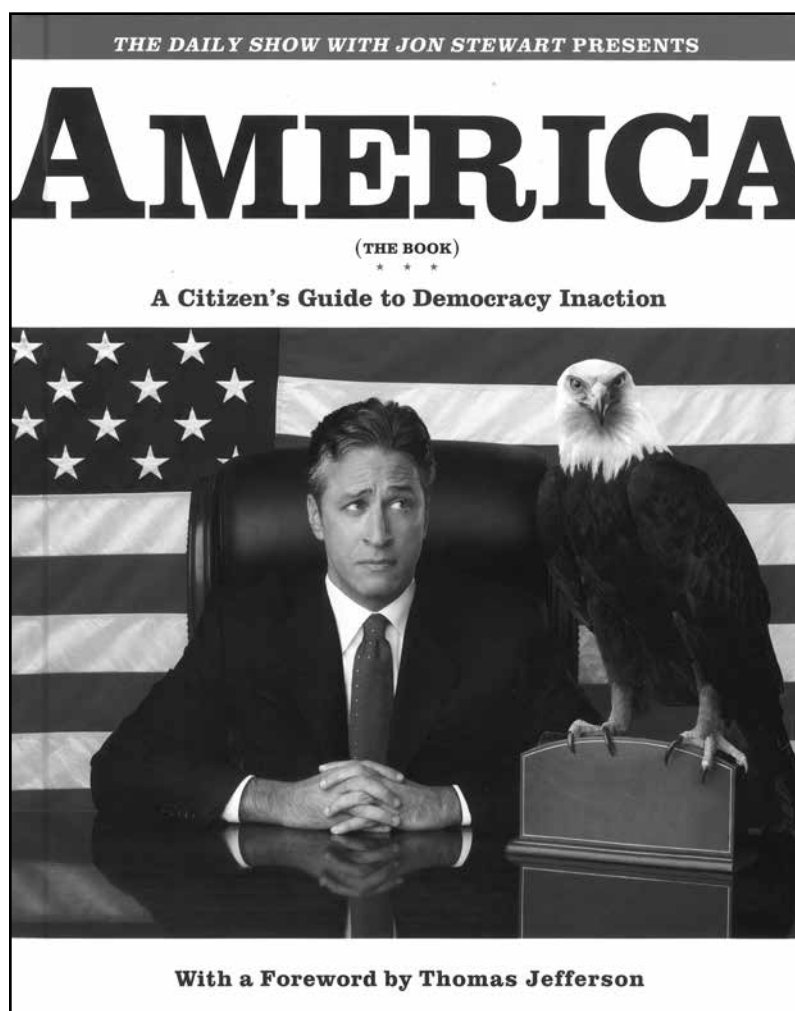
tion or Stephen Colbert's sanctimonious mock-punditry without including a DVD. But it isn't all just glib mockery in these pages. There is the promise of salvation for the blue-state schmucks who lost in 2004.

"Once the Rapture has occurred and the saved are off the planet, the Democrats will regain both the House and the Senate."

Under a chart of the century's news milestones, we learn that Orson Wells' War of the Worlds radio broadcast terrified the nation in 1939. "Realizing they've been fooled, Americans shake their radios furiously to punish the little men inside." Television debuted at the New York World's Fair a year later. "People momentarily fascinated, then complain nothing's on." In 1974, Watergate resulted in a president brought down by investigative journalists. "Investigative journalists declare 'nice work,' take the rest of millennium off."

The rest of America goes on in that vein. After you've read the entire book, there's even a certificate of completion for you to sign. Mine is still blank.

America: (The Book) - A Citizen's Guide to Democracy Inaction, Warner Books, \$34.95. Vancouver writer and political cartoonist Geoff Olson can be reached at gefo@telus.net



And Ben Franklin? If crack existed in our day, that boozed-up snuff machine would weigh 80 pounds and live outside the Port Authority."

The book doesn't attempt to replicate the show, and that's a good thing. Daily news (fake or otherwise) goes stale quickly, and there's no way a book could capture Rob Corddry's rubber-faced indigna-



International College of
Traditional Chinese
Medicine of Vancouver

**A Rewarding Career in
Natural Health Care!**

Diploma programs towards:

- ✓ Doctor of TCM
- ✓ Licenced Acupuncturist
- ✓ Licenced Herbalist
- ✓ Licenced TCMP

1 Year Certificate Program

- ✓ Chinese Tui-Na & Reflexology

Classes Start:

Jan. 10, 2005

May 2, 2005

Financial assistance may be available.

We accept transfer credits.

Accredited by the Private Post-Secondary
Education Commission of BC.



CLINIC OPEN TO THE PUBLIC

- ✓ Teaching Clinic

Free Consultation,

Very Low Cost on Treatments.

- ✓ Professional Clinic

Dr. Henry Lu, Ph.D.,

Dr. Laina Ho, DTCM

We treat pain, gynaecological
disorder, allergies, arthritis, de-
pression, other chronic conditions
and much more.

Free

Info sessions on programs:

January

6, 13, 20 & 27

2:00 - 4:00pm

Call: 731-2926

**201-1508 West Broadway,
Vancouver B.C. V6J 1W8**

Email: info@tcmcollege.com
www.tcmcollege.com

Will 2005 be your year?

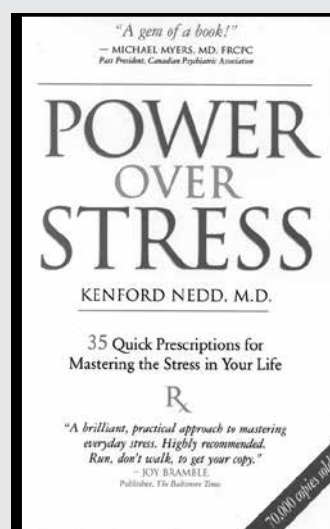
"A gem of a book...engaging,
inspirational, and upbeat."

— Michael Myers, MD,
Professor Department of Psychiatry,
UBC and Past President
Canadian Psychiatric Association

"The ultimate antidote to stress.
A masterful work." — Aziz Vellani, MD

"A brilliant, practical approach to
mastering everyday stress. Run, don't
walk to get your copy."

— Publisher, Baltimore Times



"A brilliant, practical thesis on
stress which can drastically
improve the quality of your
— Art Vertlieb, Governor,
Association of Trial
Lawyers of America

Practise the techniques in
this powerful little book and
your energy will soar.

**2005 will be
your year!**

Available in bookstores or at
www.poweroverstress.com

Missile defence sovereignty meltdown

by Bo Filter

Remember Ronald Reagan's mad scientist program commonly called Star Wars? Well it's back, morphed and repackaged from the strategic defence initiative, now sold as ballistic missile defence. Like Star Wars, this prodigy is a violation of international law, particularly the clauses that prohibit the manufacture, transport, deployment, or use of weapons of mass destruction.

So why does Canada, a nation that supposedly supports international law, want to violate those same laws? Is the friendship between Canadian militarists and US military manufacturers more important? Let's not let that become the case. More likely, Canadians have become used to being bullied by a superpower.

But, oh, how proud we were when Prime Minister Diefenbaker said No to the US request to send troops to Vietnam and when Jean Chrétien refused to participate in the assault on Iraq.

Signing on to missile defence is not a simple act of being corralled one more time into going along with the bully. Canadian sovereignty will very likely go into meltdown. It's one thing to be occasionally forced into a "coalition of the willing," but quite another when our defence becomes infused with the history of a country that has on questionable grounds, invaded 130 other nations. Too many Canadians know too little about the history of US aggression. Nor do many of us know that the US has invaded Canada four times. Learn for yourself by reading David Orchard's book, *The Fight for Canada*.

The selling of Star Wars and kind is not helping us one bit. The protagonists for missile defence shield want us to believe that insignificant differences exist between the twin towers of New York and downtown Toronto. Granted, each time we are bludgeoned by the military and the corporate media to join another US-led "humanitarian cause," we become ever more tarnished by the blood we shed, moving Wall Street and Bay Street closer together ideologically. Fortunate for us, the world does not see Canada as a predator nation with colonies and victims too numerous to count.

Some of you might remember the Frank Church Senate committee hearings of 1975. The committee found that the CIA had conducted worldwide, over 13,000 illegal operations. When a deputy director was asked how many of a certain violation regarding election rigging had

occurred, the chairman was told that there were so many that they had lost count and had no record for many of them. Of the 13,000 plus operations cited in the Church Committee report, the largest, most expensive and most deadly was the sponsorship of the Afghani war against the USSR. This was a proxy war waged by al Qaeda, created by the CIA and direct-

Signing on to missile defence is not a simple act of being corralled one more time into going along with the bully. Canadian sovereignty will very likely go into meltdown. It's one thing to be occasionally forced into a "coalition of the willing," but quite another when our defence becomes infused with the history of a country that has on questionable grounds, invaded 130 other nations... Too many Canadians know too little about the history of US aggression.

ed through the intelligence services of Pakistan. Having two intermediaries provided considerable cushioning between the killing fields and the US taxpayers, who knew little if anything about the crime.

Two decades later, the "war on terror" is chasing a CIA-bred hero named Osama

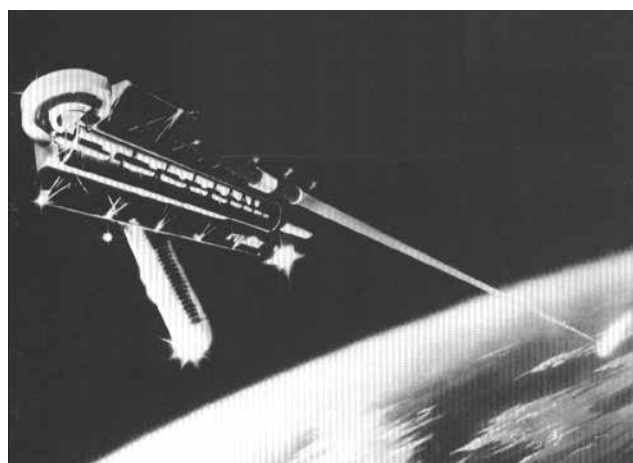
CIA headquarters in Langley, Virginia. Do we dare ask the obvious question? If the CIA sponsored bin Laden in Afghanistan, did it work with him with equal fervor on 9/11? Many of the pieces of the 9/11 puzzle fit together this way. So if the war on terror is a hoax and 9/11 was a pretext for it, all in a struggle by US oilmen to control Middle East and Caspian Sea region oil, then the attack on Iraq must have been planned well in advance. Guess what? It was and the CIA certainly knew that no one important would pay for these crimes.

Going back to 1975, only a few underlings went to jail for the 13,000 crimes up to that time. The message was clear to the CIA. Having weathered the storm, nothing stood in its way. Covert operations would continue unabated, financed with billions of tax dollars, augmented by untold billions more acquired illegally, all actions face-lifted under the rubric of national security or the opportunistic rhetoric of freedom and democracy.

Living in the eye of this global hurricane of aggression, we North Americans are mostly numb to the effects. What we collectively don't seem to realize is that the victims of these thousands of crimes know who is behind them. So the question for Canadians today is, are we going to accept Star Wars and marry our destiny to rogue nation behaviour? Bully nations have always sought coalitions to lend an illusion of legitimacy. If 130 wounded nations seek retribution on the US, are Canadians going to stand in their way and say something foolish like, "You must have had it coming to you!" I don't think so.

We can address international crime through education and spreading the word on breaches of law. Knowledge comes to us bitter sweet; the bitter being painful truths we must face, but the sweet is often received without notice. Bells don't ring and bad news is no cause for celebration. Yet, silently and subtly you are ever so slightly more aware now than you were say, a month ago of critical factors concerning the world around you. You read. You learn. You are aware. This is power – power that promises freedom from tyranny and the certainty of an enlightened, peaceful future.

Bo Filter is author of a newly released book: *The Cause of Wars and Aggression*



While the missile defence system mentioned refers to land-based systems, many defence contractors and university research departments are continuing to work on space-based systems like the laser above.

bin Laden, who was credited with helping to destroy the evil Soviet empire but cannot be found. He was supposedly on the most wanted list before 9/11, while at the same time bin Laden was receiving medical treatment at a US-friendly hospital. Guests to his room included staff from



Erickson College

... discover the coaching difference

Whether to increase your business success, compliment your current skills, or advance your career... discover the power of coaching.

The Art & Science of Coaching

16-day coach training in partnership with

The Justice Institute of BC
New Westminster Campus

Information Evening

January 12 - 7pm

RSVP for location

4-day weekends

starts on January 15

ICF Accredited Coach Training Program

Erickson College offers a range of accelerated coaching and communications trainings for accelerated success - for you and your business.

Managerial & Leadership Training
Team Coaching & Facilitation
Human Development
Neuro-Linguistic Programming
Accelerated Language Learning

Call for dates and course information

Erickson is PPSEC Accredited.
Financing is available for courses.



ERICKSON COLLEGE

A HUMAN DEVELOPMENT
COMPANY FOR 20 YEARS



Phone: 604-879-5600
email: info@erickson.edu

2021 Columbia St., Vancouver, BC,
Canada V5Y 3C9

www.erickson.edu



You are not your mind

THE GREATEST OBSTACLE TO ENLIGHTENMENT

by Eckhart Tolle

A beggar had been sitting by the side of a road for over 30 years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap. "I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?" "Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember." "Ever looked inside?" asked the stranger. "No," said the beggar. "What's the point? There's nothing in there." "Have a look inside," insisted the stranger. The beggar managed to pry open the lid. With astonishment, disbelief and elation, he saw that the box was filled with gold.

I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the parable, but somewhere even closer: inside yourself.

"But I am not a beggar," I can hear you

say.

Those who have not found their true wealth, which is the radiant joy of Being and the deep, unshakable peace that comes with it, are beggars, even if they have great material wealth. They are looking outside for scraps of pleasure or fulfillment, for validation, security, or love, while they have a treasure within that not only includes all those things but is infinitely greater than anything the world can offer.

The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being. It is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form. The inability to feel this connectedness gives rise to the illusion of separation, from

yourself and from the world around you. You then perceive yourself, consciously or unconsciously, as an isolated fragment. Fear arises, and conflict within and without becomes the norm.

I love the Buddha's simple definition of enlightenment as "the end of suffering." There is nothing superhuman in that, is there? Of course, as a definition, it is incomplete. It only tells you what enlightenment is not: no suffering. But what's left when there is no more suffering? The Buddha is silent on that, and his silence implies that you'll have to find out for yourself. He uses a negative definition so that the mind cannot make it into something to believe in or into a superhuman accomplishment, a goal that is impossible for you to attain. Despite this precaution, the majority of Buddhists still believe that enlightenment is for the Buddha, not for them, at least not in this lifetime.

~

You used the word Being. Can you

explain what you mean by that?

Being is the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. However, Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. Don't try to understand it. You can know it only when the mind is still. When you are present, when your attention is fully and intensely in the Now, Being can be felt, but it can never be understood mentally. To regain awareness of Being and to abide in that state of "feeling-realization" is enlightenment.

Excerpted from *The Power of Now* by Eckhart Tolle, \$14 US, \$15.75 Canada, trade paperback, published by New World Library and Namaste Publishing www.newworldlibrary.com or www.namastepublishing.com. Also available at local and online bookstores.



Living a noble life

UNIVERSE WITHIN

by Gwen Randall-Young

Those who live nobly, even if in their life they live obscurely, need not fear that they will have lived in vain. Something radiates from their lives, some light that shows the way to their friends, their neighbours, perhaps to long future ages.

— Bertrand Russell

Our world is a complex and difficult place. The process of change at a political, global level seems painfully slow. While, as individuals, we can embrace and extol the virtues of a peaceful world — one characterized by integrity at every level — that is not the reality in the world at large.

How we wish we had the power to tilt the axis of our world so we become aligned in a much more benevolent direction. Like siblings watching one of their own being reprimanded or punished, we cringe in the awareness of what some of our sisters and brothers must endure on this troubled planet. We may even experience a kind of "survivor's guilt" for living in comfort and safety while so many

suffer. Any contribution we could make might seem small and ineffectual.

Even if we are not in positions of power and influence, we can still make a difference. Beyond supporting causes that assist those who are struggling, we can make a difference simply in the way we live our daily lives. Each of our own personal worlds is a microcosm of the larger world. Within this microcosm, we have profound influence.

How do we "govern" our personal worlds? Are we fair, compassionate and conciliatory, or are we aggressive, judgmental and argumentative? Do those who share our world feel blessed or cursed by our presence? Do we bring joy and harmony, or do we bring stress and struggle into the lives of others? Do we treat all others as our equals, or do we regard ourselves as somehow superior to others?

Every time we perform a noble act, it raises the lowest common denominator of human behaviour...a little.

In any world there are bound to be differences in opinion, and times when others act differently than we would like. Do we set up a round of peace talks to iron out the difficulties, or do we drop the anger bomb? Do we continue to love and respect those with whom we have differences, or do we draw a line between us, and think of them as the enemy?

Do we share some of our resources with those less fortunate, or do we hoard them, loading up on luxury items? Do we give of our time, to help others in need, or are we constantly too busy with our own agendas?

How we "govern" our own world impacts, and is reflected in the macrocosm. When we operate from our higher selves it is as though we are enlightening our world. We bring brightness to our little part of the world. The more

light there is, the less room there is for darkness. When we live nobly, that tends to inspire others to do the same. Every time we perform a noble act, it raises the lowest common denominator of human behaviour just a little. The entire human/global complex benefits.

Even if our acts of kindness and compassion are tiny, and unobserved except for the recipient, they are still gifts to our world. Never underestimate the significance of bringing joy to one heart, or alleviating the burden of one soul. Millions suffer in our world, but those millions are made up of individuals. Every individual is significant, and no noble act is insignificant.

Gwen Randall-Young is an author and psychotherapist in private practice and a feature columnist for *Common Ground* magazine. Her books and tapes are available at www.gwen.ca, or contact her at gwendall@shaw.ca. They may also be ordered through Banyen Books.



Passion

SIMPLY...WOMAN!

by Crystal Andrus

Discovering and following your own path can be frightening, but conquering fear appears harder than it actually is. Simply facing your fears and forcing yourself to do exactly what your fear is warning you against doing is the biggest step. I tell my clients to fake it till they make it. One day, you'll find yourself living the life you dreamed of and you'll realize your fear no longer has a hold on you.

Think of following your goals as you would a road map. If you wanted to get to a specific distant destination you wouldn't just get in your car and start to drive aimlessly, hoping you'd have enough gas and that you'd figure out the route as you went along. Instead, you would devise the smartest and easiest route and figure out how many hours or days the trip was going to take. With a plan on how to get there, you'd be able to relax and enjoy the journey. If a little detour occurred, no sweat, you'd deal with it and continue on, always checking your map and staying on course.

And to achieve success, your goals have to be SMART (specific, measurable, attainable, realistic and time bound). Don't try to do too much too soon, or you will set yourself up for failure. If getting fit is your goal, aim to lose two or three pounds per week. Remember that weight is not the only factor in your fitness, and that a lean, toned body is always heavier than one the same size that is not muscular and fit.

Make your exercise sessions count. Twenty to 30 minutes at high intensity will begin to take the fat off and keep it off. Take a watch with you and every five to 10 minutes check your heart rate for six seconds and add a zero. Are you

exercising between 60 and 80 percent of your maximum heart rate? To increase or decrease your heart rate to get yourself in your target "training zone," simply speed up your pace if your heart rate is lower than your 60 percent or slow down if your heart rate is faster than your 80 percent training heart rate.

As a rule of thumb, you should be able to talk as you exercise, but if you can effortlessly carry on a conversation you need to pick up the pace.

As a rule of thumb, you should be able to talk as you exercise, but if you can effortlessly carry on a conversation you need to pick up the pace. If you are currently exercising and are doing more than 30 minutes but cannot seem to lose a pound of fat,

you are not exercising at a hard enough intensity. If you find brisk walking or jogging bothers your joints then perhaps lap swimming or cycling would be better choices for you, but again, the key is to take your pulse to make sure you are in your training zone.

If you are exercising well and are still not able to drop weight, you might need to look at your plate, particularly at your carbohydrates. To make this simple for you, I have developed a traffic signal system for carbohydrates:

"Red light" carbohydrates are often processed or refined, meaning they most often come out of a package or can. Usually light in colour, red light carbohydrates such as white bread, white potatoes and white sugar are tough to eliminate initially because they are often our comfort foods.

"Yellow light" carbohydrates are foods that you still want to avoid, but can have small amounts once in a while. They include foods such as nuts and avocados, which while filled with nutrients are also high in calories and fats.

"Green light" carbohydrates are most often unrefined and unprocessed. Most

FITNESS

often dark in colour, they are filled with antioxidants, phytochemicals, vitamins and fibre and will speed your metabolism. They are the energy foods, and they enter your system at a slow, gentle rate and sustain your appetite longer. Opt for a daily green drink to ensure that you get optimal levels of these nutrients.

You must also include palm-size portions of low-fat protein such as tofu, chicken or turkey breast, water-packed tuna, sole, egg whites, protein shakes and soya or dairy products like fat-free yogurt and one percent cottage cheese with every meal.

The column Simply...Woman! which began running in Common Ground last month is adapted from Crystal Andrus's new book on personal transformation. Crystal will outline one step per month on how to become the woman you've always wanted to be. She is an authority on women's health, a sought after speaker and author of the best seller Simply...Woman! The 12 Week Body/Mind/Soul Total Transformation Program. For 15 years Crystal has worked as a fitness model, health-club owner, personal trainer-to-the-stars and mother of two daughters. She is certified by the American College of Sports Medicine, the American Council on Exercise, the Canadian Fitness Professionals and the Canadian School of Natural Nutrition. www.hayhouse.com/details.php?id=2247. Crystal will be giving free public lectures January 31, 7-9 pm at Planet Organic, 3995 Quadra St., Victoria; February 1, 7-9 pm at the Parksville Community Centre; February 2, 7-9 pm at Whole Foods Market, West Vancouver and February

Common Ground

P.S.
Common Ground is 100% Canadian owned & operated.
Do you like it that way?

Do you like an independent Canadian-owned and operated magazine separate from the US-controlled media? What are the essential differences and values that you respect being a Canadian? We are Canadian media, for Canada and by Canadians. From the invasion of Iraq to so-called Free Trade, cultural independence, and Star Wars II, let us hear your views. Call 604-733-2215 or admin@commonground.ca

Bathe in well-being

SPECIAL FIRST VISIT OFFER

ONLY \$20
Reg. \$60

Same day up to 2 different treatments at \$20 each. Valid Until Jan. 31, 05

The Art and Science of Medicinal Bathing

- Preventative • Curative • Palliative
- Improve the General well-being of your body

Choose From:

- 1Hour acupressure massage
- 1Hour foot reflexology massage
- Infrared sauna detox
- Chinese herb plus Ozone steam sauna
- Sea salt rub and sea salt bath
- Aroma Dynamized dry sauna

Vancouver Balneotherapy Center

Dr. Jim Chan, ND

5108 Victoria Dr. & 35th Ave.

For Appointment please call 604-324-3717 or 604-893-8888

M-F 9am-9pm Sat. 9am-6pm

NORDIC

LIVING WATER SYSTEMS

BEFORE

AFTER



1 Drop of Water Before & After 'the Original Water Revitalizer'

PUT NEW LIFE FORCE IN YOUR WATER

Get healthy water in your home. Far beyond what any filter can do. Restores and energizes your water via a double vortex flow form process. Proven in Europe, since 1985.

VANCOUVER 604-990-5462 TOLL FREE 1-888-644-7754

WWW.ALIVELWATER.NET • RESEARCH • FACTS • TESTIMONIALS



Soft Heat

Infrared Sauna

Relax while having a healthy sweat at a lower more comfortable temperature than in a conventional sauna. **Detoxification** of toxins and heavy metal. **Pain relief** from arthritis, fibromyalgia and other chronic pain conditions. Burn 600 calories in 30 minutes. Easy in-home assembly with no plumbing required. Different sizes available. www.infraredsauna.net

604-936-1766 or 1-888-291-6544



Farming threatened

THE ORGANIC WAY

by Marya Skrypiczajko

A few evenings ago I had the good fortune of listening to Percy Schmeiser, the Saskatchewan farmer who for the last eight years has been pulled under the corporate combine called Monsanto, speak to a large public group in Nelson. He told his story of being unjustly sued by Monsanto and presented a lecture on the reality of GMOs in Canada and the corporate push by the big biotech companies to take over Canadian agriculture. I had admired him before, but now after spending an evening listening to this energetic 74-year-old man speak and realizing that rather than enjoy retirement he chooses to travel worldwide to lecture and lobby government groups, I am even more impressed and inspired.

One subject he spoke of is the current push by the big, bad biotech companies to have the laws guarding Canada's seed system to be changed in such a way that farmers would lose many of their inherent rights regarding seed use and have those rights turned over to large corporations.

The Canadian Seed Growers Association; the Canadian Seed Trade Association, including Monsanto and Syngenta; the Canadian Seed Institute and the Grain Growers of Canada have bound together to pressure the Canadian government to accept the proposals of the seed sector review (SSR) that essentially discourages Canadian farmers from saving, reusing and selling their own seed

while restructuring Canada's plant breeding system to give large companies more regulatory flexibility and more profits.

The nitty gritty of their proposal is such:
 ·To charge farmers royalties for saving their own seed that would in turn be paid to the seed companies.
 ·To force farmers into buying "certified"



seed from big companies by linking the use of such seed to crop insurance premiums. (Certified seed itself is a problem as recent studies have found a majority of canola for instance to be contaminated with transgenics.) Farmers using their own seed would pay more insurance or maybe not even be eligible for insurance.

·To put an end to farmers' rights to buy and sell their own common seed by requiring all seed sold to have a varietal name. For farmers who sell common seed this would mean field inspections, documentation, etc., all of which would make common seed too expensive.

·To drop the merit criteria for new seeds introduced into the market. This would mean crops don't have to perform well in regards to yield, disease resistance or efficient use of the soil in which they are grown.

·To extend the plant breeders' protection and royalty periods from 15 to 20 years.

·To ease the way for more unlabelled GMOs in the marketplace.

Until the mid 1990s, farmers and government-funded universities and labs developed seed to best suit Canada's diverse climatic and soil conditions. This public system was successful because it was in the interests of farmers and the public and because it enabled a free exchange of information for all groups involved in seed development.

Since then, the industry has been taken over by four very large seed companies; Monsanto, Syngenta, Bayer and Dupont now control the market. Just one of the problems with private sector breeding is that the companies are not developing strains of seed that best suit farmers' needs. For these private companies reporting to their shareholders (as opposed to Canadian farmers and food consumers) it is not a financially efficient business for them to develop different strains of crops for Canada's different agricultural areas, and nor is it in their interest to do so.

It is clear that farmers need the old

HEALTH

system to be efficient and to be free to go about their work. And we as consumers need it too. If the SSR is successful, these big multinational corporations will control the Canadian seed industry, which in essence is agriculture. There will be fewer varieties of foods for us to choose from and sooner than we know it more GMOs will be growing wild in Canada and for sale on the shelves of our grocery stores.

Comment period about the SSR is continuing until March 8, 2005. If you oppose its proposals, you can write to your MP or our PM and let them know. According to Percy Schmeiser, who himself was an MLA in Saskatchewan, hand written letters received by the government are taken most seriously when they are in the hundreds. Go ahead and paraphrase this article or check out the National Farmers' Union's website www.nfu.org if you'd like to learn more. Letters to MPs can be sent without a stamp to: House of Commons, Parliament Buildings, Ottawa, Ontario K1A 0A6

Marya Skrypiczajko is the author of BC the Organic Way – Where to Find Organic Food in British Columbia www.bctheorganicway.com



(Formerly Meridian Institute, Duncan)
NOW IN WHITE ROCK, BC
 Become certified in Clinical Hypnotherapy.
 We teach a variety of systems utilizing the Subconscious mind to empower and heal.
 Part-time classes begin early Jan '05
 Full-time 3-week intensives in Jan and Feb
 Registrar - 604-542-1914
coastalacademy@shaw.ca
www.coastalacademy.ca



Hope Bridge Services

Provides employment services to people negatively impacted by substance misuse who are clean and sober and ready to begin training and or employment in the next 3 months.

Services offered include:

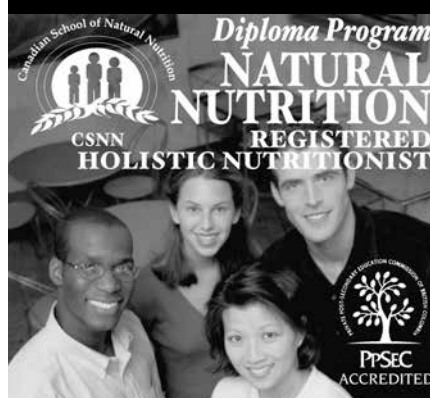
- Vocational assessments
- Job search strategies
- Recovery compatible "Back to Work Action Plans"

For More Information
 Call 604-879-9770

No Fee Service **Canada**

CANADIAN SCHOOL OF NATURAL NUTRITION

Teaching the Medicine of the Future®



FOR VANCOUVER UPDATES:
WWW.CSNNVANCOUVER.COM

"SUPPORTING LOCAL BC ORGANIC GROWERS"

100-2245 West Broadway, Vancouver BC
 604-730-5611 www.csnn.ca

THE VITAMIN SHOP

www.canadianvitaminshop.com

or Mail Order toll-free 1 888 386-1211

SAVE

on Brand Name VITAMINS

Item # 2119
 Natural Factors
CALCIUM & MAGNESIUM CITRATE plus Vit D
 180 Tablets
\$12.68

Item # 2009
 Natural Factors
VIT E 400 IU
 Bonus Size - 33% More
 240 Softgels
\$14.98

Item # 2063
 Natural Factors
SUPER MULTI PLUS
 All you need is one
 90 Tablets
\$11.58

FREE DELIVERY on Orders Over \$50.00
 Featuring - Natural Factors and other Premium Brands

The Vitamin Shop reserves the right to limit quantities sold.
 1212 Broad Street, Victoria, BC V8W 2A5

Canada's premier nutritional supplement dispensary - since 1984



Drinking our way to slimness

NUTRISPEAK

by Vesanto Melina MS, RD

HEALTH & FOOD

Hey, what's this? Upon glimpsing this title, did the hope flash that a daily ration of margaritas might provide a route to the new, slim you, for 2005? Or perhaps a venti latte diet? No such luck. In fact, it's just the contrary. Eight ounces of margaritas provides 500 calories. A single beer provides between 110 and 170 calories, (about 1,000 in a six-pack) and a martini 190 calories.

It is amazing how many calories can sneak into your diet in the form of fluids. Twelve ounces of lemonade, fruit punch or soda pop adds 150 calories. A medium milkshake chalks up 370 calories, with over 500 calories for a large shake or 12 ounces of eggnog (without the alcohol). Alcoholic beverages send calories soaring. Distilled spirits contain about 110 calories per 1.5 ounce serving, liqueurs about 150 calories per 1.5 ounces, and wine 80 to 110 calories per four ounce glass.

While black coffee or tea is calorie-free, what we add is another story. Perhaps you have decided to lose weight on a 1,400-calorie plan. At 340 calories, a venti latte will use a quarter of your daily allot-

ment. Furthermore, you'll get 18 grams of fat (12 of them saturated) and 26 grams of sugar. A 12 ounce cafe mocha with whole milk and whipped cream (350 calories) might be viewed as a piece of chocolate cake in a cup.

Apart from the calories, these beverages provide relatively few nutrients to keep your cells in good health. Drinking four or five calorie-rich beverages over the course of a day can easily contribute between 500 and 1,300 calories. Since each pound of your body fat is the equivalent of 3,500 calories, a surplus 500 calories a day will fatten you up by one pound by the end of the week. People add weight through steady sipping of pop, orange juice, or sweet, white, tea and coffee.

Which single change in consumption will drastically cut calories for most people? Stick to calorie-free beverages. Pure water is our best bet for hydration. Carry a water bottle wherever you go. The most effective practice you can adopt is to drink at least two to three litres of water each day. Sometimes our perceived "hunger" is satisfied when we fill up with water. Tonic

or soda water with a citrus wedge is an excellent choice for parties.

Herbal teas are a tasty alternative. For a refreshing drink, try Lemon Zinger tea with a teaspoon of fresh lemon juice. Enjoy Bengal Spice or Licorice Spice teas hot or chilled; the licorice and spices in the blend add sweetness without calories. Keep a carafe of your favourite herbal tea handy, or a pitcher of chilled herbal tea in the refrigerator. Teas made from leafy green herbs, such as mint, are sources of trace minerals. Juices such as tomato or tomato and vegetable blends offer excellent nutrition with minimal calories; if you like, add a dash of hot sauce. These juices can also be warmed to give a filling, low-calorie soup.

The recipe given here is sweetened with stevia, derived from a shrub native to Paraguay, and used for over 1,500 years by the native Guarani Indians. Leaves from the plant are available in powdered form or as a liquid extract. Stevia leaves contain numerous phytonutrients and trace minerals. It is much sweeter than sugar and thus can be used in miniscule amounts

that provide no calories, no carbohydrates and result in no tooth decay. Stevia does not raise blood glucose levels, making it safe for diabetics and a valuable weight loss aid.

Stevia lemonade

For this warming beverage, fresh squeezed lemon juice imparts the most flavour and aroma. For the convenience of bottled lemon juice, Santa Cruz Organic is a good choice. Adjust the amounts according to taste. If you prefer, use stevia in the powder form (you'll need very little).

1 cup hot water
1-1/2 tbsp lemon juice
8 drops stevia liquid
Combine ingredients in a cup.

Vesanto Melina is a registered dietitian, internationally known speaker, consultant and author of seven books including the new Food Allergy Survival Guide. Her Becoming Vegetarian and Becoming Vegan (co-authored with Brenda Davis) offer chapters on weight management. For consultations, call 604-888-8325 (clinic) or (home office) 604-882-6782 near Fort Langley. www.nutrispeak.com

continued from page 6

tion on the mind. It offered some great learning on how to open the mind. That means you notice that you are not your mind. You are not those chattering thought systems going by.

JR Why did you decide to call the NLP Institute Erickson College and when did that occur?

MA This was in 1993. We were focusing on a new paradigm that integrated the best of NLP, solution focused, creativity studies and accelerated learning systems.

At Erickson we were discovering how people could use these tools to engage their intelligence and find their inner vision. People can quickly relearn how to relax, visualize profoundly, connect to

inner purpose and create strategic plans and results. Early on we realized we had something special to share.

Our participants were moving out of disabling frameworks and rightfully so. If we put our attention on how we are masterful, guess what we get more of? If we put our attention on how we can actually live our vision, people discover they're OK, and they learn to get great results. The whole system starts to right itself. We experience our connection to each other and our capacity to truly live our dreams.

When we discovered that with practice people could hugely shift their intelligence, Erickson College was created in honour of Milton Erickson who first set us on this path. Since then we've been

busy developing the system throughout the world.

JR Since the beginning, you were being coached by wonderful people - Milton Erickson, Virginia Satir and Fritz Perls.

MA And also some wonderful NLP teachers, Robert Dilts, a genius and Stephen Gilligan, an amazing teacher. These are people with values that inspired me enormously.

JR Now the overarching thing in a sense is helping people become their potential through coaching, holding the space for people to open up.

MA Exactly. Coaching really isn't about assistance, it's about effective listening. It's really about presence. It's about being deeply present as someone discovers

their inner wellspring of humour, their own capacities, their own genius. That eliminates the need for psychotherapy. Suddenly people discover that they are truly well and that they can trust themselves.

JR A lot of times in business, sports models are used because many people see business as a game to win. That's part of it, but it seems like the best managers and coaches are the ones that really support people to be all they can possibly be.

MA You're right. I work a lot with creative systems in organizations. It is wonderful. We take people who are deeply embedded in their conversations about politics and who's right and who's wrong

continued on page 27

Pain - Numbness - Swelling

Microcirculation

Chronic illness or injury may damage your microcirculation causing symptoms of pain, numbness and wounds that can lead to gangrene and amputations.

Check your microcirculation - especially if you are diabetic.

Microcirculation assessment is painless and non-invasive.

Neuropathy - Pain - Wounds

Poor microcirculation deprives tissue of needed oxygen and may lead to neuropathy with early warning symptoms of pain in feet or hands, numbness and "pins and needles."

Neuropathy is best treated by restoring microcirculation to promote nerve regeneration.



"I was in pain for 6 years
HBOT helped me to enjoy life again..."

Preventive care

Hyperbaric Oxygen Therapy (HBOT)

HBOT is an advanced method of promoting tissue healing.

It stimulates growth of capillaries, bones and nerves.

HBOT is widely used for wound healing, management of pain and infection as well as preventive care of diabetes related complications.

- ✓ Neuropathy, numbness
- ✓ Leg pain and swelling
- ✓ Non-healing wounds
- ✓ Circulation problems
- ✓ Post surgery recovery
- ✓ Sports injuries
- ✓ Venous & arterial ulcers
- ✓ Pressure sores
- ✓ Infections



BAROMEDICAL
Medical Hyperbaric Oxygen Clinic Wound Care Centre

Phone: 604-777-7055
7850 Sixth Street, Burnaby

Nuts to you
Org peanut butter
\$4.99 500 g
Product of Canada

Imagine Foods
Rice Dream original
\$2.29 946 ml
Product of U.S.A

Our Premium Rooibos
Organic rooibos teas
\$3.99 bags
Product of Canada

Omega Nutrition
Organic hemp oil
\$13.99 473ml
Product of Canada

So Nice Soyganic
Organic soy beverages
\$3.49 1.89 L
Product of Canada

Ruth's Hemp foods
Hemp protein powder
\$12.99 500g
Product of Canada

Greens Plus
Orig / berry / tangerine
32.99 255g
Product of Canada

**The staff at
Drive Organics
would like to thank
you for making
us your favorite
organic food
store on the drive!
We wish you a happy
and healthy
2005!!!**

Natural Factors
All vitamins & supplements
20% off
Product of Canada

Santa Cruz
Organic apple cider
\$7.99 3.79 L
Product of USA

Raincoast Trading
Albacore tuna
\$3.99 113g
Product of Canada

Sunergia Soyfoods
Organic tofus
\$2.79 300 g
Product of Canada

Imagine Foods
Organic soups
\$3.79 946ml
Product of U.S.A

Green Cuisine
Organic Tofu
\$1.99 454g
Product of Canada

Soy Delicious
Fruit sweetened desserts
\$3.49 500ml
Product of U.S.A

Smoke & Fire
Org smoked tofu
\$2.99 170 g
Product of Canada

Kettle Foods
Gourmet potato chips
\$2.99 * 255g
Product of U.S.A

Wolfgang Puck's
Organic soups
\$3.19 411 g
Product of USA

Seventh Generation
Laundry liquids
\$12.99 2.95 L
Product of U.S.A

Yogi Teas
Wellnes teas
\$3.49 6/16ct
Product of USA

Sale pricing in effect from Jan 1st until Jan 25th
Free 1 hour customer parking

1045 Commercial Drive (604) 678 9665
7 days a week from 9am to 9pm

Flu shot natural alternatives

HEALTH

by Michael Downey

Odds are you hadn't even dreamed of getting a flu shot until you learned there was a shortage of serum this season – and now, you're convinced you'll die if you don't visit a doctor or hide indoors until spring. Get real. Better still, soup up your immune system yourself. We've carefully reviewed natural ways to prevent influenza and present them here.

Hand washing could prevent half of all cases.

Beta-glucan: Extracted from the cell walls of yeast, these long chain carbohydrates – polysaccharides – stimulate receptors on your macrophages, thus energizing your immunity. The normal 25-mg dosage is low for the flu and cold season; but don't exceed 200 mg per day.

Antioxidants: Possibly protection themselves, antioxidants may enhance anti-viral qualities of beta glucan. Try vitamins A, C and E, selenium, quercetin, grape seed extract, pine bark extract, coenzyme Q10 and alpha lipoic acid.

Beta-carotene: This precursor to vitamin A stimulates the immune system, kills viruses and protects mucous membranes. If you are at risk for the flu, you can up the normal dosage of 10,000 IU to 50,000. But don't take vitamin A in such doses; it can be toxic.

Allium: A number of studies back up claims of allium's anti-viral effect. Eat more onions, shallots and garlic, or pop a few standardized, aged garlic pills daily.

Echinacea: Can boost immune activity against viral – not bacterial – infection. Never take for more than a few weeks at a time.

Astragalus and panax ginseng: Considered flu-preventive herbs. Don't bother with them if you already have the flu.

Elderberry: Active ingredients may block an enzyme – called neuraminidase – that allows the virus to penetrate cell walls of its host. That's you.

Omega-3 oil: A lower intake is linked to a compromised immune system.

If you still end up with the flu try these remedies

Goldenseal: If your flu is complicated by a bacterial infection – watch for green or yellow mucous – add this supplement and follow label dosages.

Bromelain: Reduce discom-

fort during a flu infection and help prevent complications such as pneumonia. Take as directed on an empty stomach.

N-acetyl-cysteine: In complicated cases – where bronchitis or pneumonia are present – 500 mg can be taken three times daily to thin mucous in the lungs. And see a doctor.

A Toronto resident, Michael Doney's work has appeared in such publications as Maclean's, Men's Health, Chatelaine, Better Nutrition, Vegetarian Times, Alive, Vitalité, Globe and Mail, Ottawa Citizen, Montreal Gazette, Toronto Star, Vancouver Sun, Boston Globe and Chicago Sun. He can be reached at mdowney@idirect.com

continued from page 7
behind vaccination.

Among the series speakers will be veteran health critic, researcher and consultant, Croft Woodruff (February 9 and 16) who has been generously sharing his wealth of knowledge with the public for decades. Woodruff (604-324-2121) hosts Dynamic Health on CFRO 102.7 FM every Wednesday at 1 pm. He'll also be a panelist at the Council of Canadians free public meeting on GE foods, January 19, at 7:30 pm, Holy Trinity Church, 1440 West 12 Ave.

The War on Health series will be held at SPEC, 2150 Maple St., Vancouver at 7:30 pm January 26, February 1, 9, 16 and 23. The cost per lecture is \$8 for adults, or \$30 for the five-part series, 604-327-9140.

A Vancouver resident, Ms. Enjjineer is an independent activist involved with political, environmental and health



24th annual Guelph Organic Conference

The 24th annual Guelph Organic Conference offers the most comprehensive information on the state of organic production today in a one-stop venue at the University of Guelph, January 21 through 23.

However, the three-day conference is not just for growers, farmers or the retail and wholesale trade. In fact, a highlight of the event is the free, two-day Organic Expo Canada tasting fair January 22 and 23 where more than 25 vendors will be offering samples of organic food products and another 100 exhibitors will round out the display of leading organic products and services.

Consumers can taste a wide array of organic food products from cheeses to empanadas to breads. While organic vegetables have become familiar to consumers with an increased presence in major grocery stores, exhibitors at this show will expose guests to unique foodstuffs such as: fair trade, shade-grown coffee; certified fair trade chocolate; foods made with hemp such as tortilla chips and tasty salad dressings, etc. For a complete list of exhibitors visit: www.guelphorganicconf.ca/exhibitors2005.html

A key dimension speaking to the pop-

ularity of the conference is the line-up of workshops and seminars, from introductory to advanced.

For 2005, approximately 30 educational classes offer practical advice to novice or experienced growers on organic production techniques and closely related issues.

Two full-day, stand-alone educational programs accompany the conference on January 21, with the Organic Landscape Alliance, a non-profit trade association committed to the development of organic horticulture, presenting on topics such as organic golf courses. Farmers and scientists will also discuss how organic farming can mitigate climate change in another full-day program. Brochures available.

Dr. John Ikerd of the University of

Missouri-Columbia will give this year's keynote address. A professor emeritus of agricultural economics, he will discuss how local organic agriculture saves farmland and communities.

Registration for the workshops and seminars is required. Prices and times are posted on the web site. Admission to the tasting fair/expo is free organix@georgian.net www.guelphorganicconf.ca



Make no bones about it! SISU has the best calcium products!



Calcium and Magnesium for strong bones and teeth, healthy muscles and digestion and Vitamin D for improved calcium uptake and muscle tone.

As you don't get enough of these essential nutrients from your diet, it is important to choose the best supplement for you.

Calcium & Magnesium 1:1 provides highly absorbable calcium citrate in a 1:1 ratio with magnesium plus vitamin D3 in an easy to swallow capsule.

Calcium & Magnesium 2:1 is a vegan product, providing our highest potency calcium citrate with magnesium and vitamin D2. Just three or four tablets may be all you need.

Osteo Formula is the ultimate bone-building product providing high potency calcium citrate and malate along with magnesium, vitamin D3 and essential trace minerals, all in the most absorbable forms.

SISU

Premium Quality Supplements

sisu.com

continued from page 5

the flu shot-selling season (pages 7, 16 & 29). We invite your organizations to write CG about the plague of modern times, big pharma selling us all kinds of crap we really don't need. We have an alternative to drugs. Take personal responsibility to be fit, eat good organic food, take intelligent supplements, vitamins or herbs. Avoid the toxins and sins of junk food, drugs (recreational or otherwise), and live happy, healthy and wholly lives. May Health Action give us new knowledge and courage to choose health over fear, disease and drugs. Not a bad choice for the New Year.

THE POWER OF NOW STARTS NOW

It is with great joy we begin a new item in this edition, inspiration from Eckhart Tolle's new paperback edition of *The Power of Now*. "You are here to enable the divine purpose of the universe to unfold. That is how

important you are!" – Eckhart Tolle

Each day for the next three months we get an additional three and half minutes to enjoy the gift of daylight. Make these new moments count by realizing who you are and why you are here. Now that is really something to celebrate. Thank you for reading *Common Ground* and we look forward to joining you every month in 2005. May you have good health, success and happiness.

Joseph Rob
senior editor

恭
禧
發
財



Good news – we can change

SCIENCE MATTERS

by David Suzuki

Sometimes, just when you start feeling that everything is hopeless, something will happen to reaffirm your faith in humanity and your ability to get out of tight spots. Last week was just one of those times.

Lately, there has been plenty of depressing news about the planet and the future quality of life of everyone living here. For example, there was the release of the Arctic Climate Impact Assessment. The Arctic has always been expected to be on the leading edge of feeling the effects of a warming planet and this report, the most detailed ever done on a region, tells us that changes are already under way and shows that temperatures in the Arctic are rising at twice the global average.

What does this mean? Well, it means ice may soon not cover the Arctic in the summer. That would be devastating for some species, like polar bears, which require ice for hunting. Not to mention the impact on

Inuit people, who also rely on hunting for sustenance and as part of their culture.

Then last week the World Conservation Union, comprised of 800 non-governmental organizations and 10,000 scientists, released its red list of endangered animals – a list that now numbers 15,000 species (that we know of – and we only know of about 15 percent of the total). Unless action is taken, one in eight known bird species, almost one in four mammals and one in three amphibians will likely disappear. Scientists say such a rate of extinction has not been seen since

The Arctic has always been expected to be on the leading edge of feeling the effects of a warming planet and this report...tells us that changes are already under way and shows that temperatures in the Arctic are rising at twice the global average.

the dinosaurs were wiped out 65 million years ago.

But the dinosaurs' undoing was a massive meteorite. This extinction, like global warming, is being caused by us. That means we can do something about it. And that's where the good news comes in.

First, Russia officially started the Kyoto countdown last month by presenting its protocol documents to the United Nations. In less than 90 days – on February 16, 2005 – the Kyoto Protocol will enter into force. For Canada, that means we will have a legal obligation to reduce our heat-trapping emissions to six percent below 1990 levels. That's not much. Many scientists say that to stabilize our climate, we'll have to reduce those emissions by more like 60 percent.

Still, it's a start. It's a process of engagement that puts us on the right path. And it will encourage innovation in the renewable energy and energy conservation sectors. That means more jobs. It means cleaner air and lower health care costs too because we'll be burning less fossil fuels. It's an opportunity to change the way we produce and consume energy in a way that will improve our quality of life.

The other good news is also about energy. Earlier this year, the federal government conducted a public review process to determine what sort of public support there was to lift the ban on offshore oil drilling along the BC coast. Not much, as it turns out. In fact 75 percent of the British Columbians interviewed said they didn't want offshore oil drilling.

The panel's final report, released last week, noted many clear problems associated with offshore oil drilling including: impacts on First Nations rights, pollution, effects on existing industries like tourism and fishing, damage from seismic testing and many more. It's now up to the federal government to decide if it will listen to the wishes of British Columbians or ignore them and lift the moratorium anyway. The language of the report suggests the former.

This is an important step forward, because the federal government could have simply appeased the provincial government and lifted the ban. That still could happen. But Environment Minister Stéphane Dion has said that he believes the next industrial revolution will be in clean energy and conservation. That's where Canada should be investing if we want to be a world leader tomorrow.

When we put our minds to it, we can solve humanity's challenges, but that means we actually have to try new things. We have to think ahead and change our actions for the better. That's when humanity's at its best and things don't seem so hopeless after all.

Take the Nature Challenge and learn more at www.davidsuzuki.org

What's coming in 2005

FILMS WORTH WATCHING

by Robert Alstead

Game Over: Kasparov and the Machine (January)

Human mind battles artificial intelligence in this documentary charting how Gary Kasparov rose to become the greatest chess player of all time, and then lost his crown to a computer called Deep Blue.

Dear Frankie (March)

Heartwarming story about a mother who, to protect her nine-year-old son, writes letters to him from a fictional dad. However, she finds herself at a point where she must choose to tell the boy the truth or find someone to fill the void. Bring hankies.

Deep Blue (April)

Amazing footage from the BBC's natural history department captures the richness of oceanic life, from killer whales tossing seals in the air like rag dolls to hardy emperor penguins eking out an existence in the Antarctic. The cameras also take a trip five miles below the surface to where aquatic life is at its most zany and alien.

Asylum (Spring)

Set in 1957, a bored psychiatrist's wife (Natasha Richardson) falls under the spell of a dangerous but charismatic sculptor at a maximum-security hospital for the

criminally insane in this tale of erotic obsession and madness. Based on a novel by Spider writer Patrick McGrath, the story is told through the eyes of another psychiatrist played by Ian McKellen (Gandalf).

The Hitchhikers Guide to the Galaxy (June)

It's a surprise that Douglas Adams's wonderfully bizarre comedy has taken so long to come to the big screen. The cult novel, the first in a five-part series, starts with protagonist Arthur Dent waking up to find his home is going to be destroyed to build a freeway. Then he learns from a friend, Ford Prefect, that the Earth is about to be destroyed by construction of an intergalactic freeway and so begins the galaxy-trotting adventure.

My Summer of Love (June)

Pawel Pawlikowski's simmering,

romantic tale shows the developing intimacy between two girls from different backgrounds over the course of a languid rural summer in the rural north of England.

Charlie and the Chocolate Factory (July)

Under normal circumstances, you would say why mess with a classic. But then this remake is by Tim Burton – the mind that brought us *The Nightmare Before Christmas* and *Sleepy Hollow*. The film comes hot on the heels of Spielberg's *War of the Worlds*.

Brothers Grimm (November)

It's been seven years since Python member and director of Brazil, Terry Gilliam has given us a film. Now he's got two in the pipeline. Gilliam recently completed filming on the low-budget *Tideland*, an *Alice in Wonderland* type story, which was shot in Regina. In *Brothers Grimm*, Heath Ledger and Matt



Damon play two brothers and collectors of folklore in Napoleonic France who pretend to rid villages of enchanted creatures. However, when they encounter a genuine fairytale curse their bogus exorcisms are no substitute for genuine courage.

King Kong (December)

How do you follow up *The Lord of the Rings*? We'll find out if director Peter Jackson has any more tricks up his sleeve when this biggie stomps out into cinemas.

The Five Obstructions (December)

Criticized for being too clever for its own good, this playful investigation into how obstacles to a creative endeavour affect the final results is nonetheless a rewarding one. Dogma director Lars von Trier asks his friend and hero Jorgen Leth to make five different versions of an early art film. Von Trier is trying to restrict him so much that he makes something banal. Leth proves to have a few tricks up his sleeve though.

The Chronicles of Narnia: The Lion, the Witch and the Wardrobe (December)

C.S. Lewis's classic fantasy tale about four children's adventures in Narnia gets the Disney treatment. Directed by Andrew Adamson, this is a live-action feature starring Tilda Swinton and Rupert Everett.

Robert Alstead writes for www.iofilm.ca



Duke Point power struggle

EARTHFUTURE.COM

by Guy Dauncey

It's only a matter of time. When historians speak about our time from the year 5,000, they will draw people's attention to the very short Age of Fossil Fuels, from 1850 to 2050, when humans gorged their way through most of the world's supply of coal, oil and gas.

That much is certain. What we don't know is how they will describe the end of the age, because that's still up to us.

Will they write that due to their ecological ignorance and their obsessions with trivia and tribal power, the people consumed so much fossil fuel that they overheated the Earth's atmosphere, melted the ice-sheets, raised the sea level by 20 metres, flooded the low-lying lands, and disrupted so many ecosystems that they caused the a sixth great extinction, and that it took 1,000 years for the climate to establish a new equilibrium?

Or will they write that due to an incredible mobilization of effort, made possible by the determination and love of millions of ordinary people for their planet, there was a great non-violent struggle for power in which the tribal leaders were forced to take a back seat while the ordinary people organized a transition into the permanent, sustainable forms of energy which have been used by human civilizations ever since?

We have really no concept of what was involved to create the energy we use so freely. Take the natural gas which we use to heat our homes and cook our meals. It was formed from the remains of plants

and sea creatures which sank to the ocean floor during a period of 200 million years, between 200 and 400 million years ago. We are on track to consume it all in 200 years, a million times faster than it was generated.

Put another way, it took nature 10 years to lay down the energy which you use to cook an omelette in five minutes.

So what would it look like if humanity did the intelligent thing, and averted the crisis that is rolling towards us like a tidal wave on a Hawaiian beach? Can we ride the wave and discover the thrill of partnership with nature, or will the wave pound into us like thunder, and drown us?

Globally, we can gather enough energy from the sun, winds, tides and gravity, if we live more simply and sustainably. That is not the problem. The problem is our blindness to how critical the crisis is, and our propensity to elect leaders who play to our blindness. We're like a culture with its hands in a bottomless cookie jar, voting in leaders who promise us more cookies.

The solution is simple. We have to say no to more cookies. For the past five years, BC Hydro has been trying to

persuade Vancouver Islanders to accept more cookies in the form of a new natural gas pipeline, called the Georgia Strait Crossing. After meeting with organized, well-informed opponents, BC Hydro has finally thrown in the towel. Success!

But wait, Hydro has another card up its sleeve. Determined to burn natural gas to produce more power, they are proposing that a private company, Duke Point Power, build a 252 MW natural gas fired powerplant in Nanaimo. This is the same plant that BC Hydro wanted to build itself, which was rejected by local communities in Port Alberni, Duncan and North

Cowichan and by the BC Utilities Commission itself. And yes, it would produce greenhouse gases, to warm the planet: 800,000 tonnes of CO2 per year, plus other air pollutants, which will drift over to Vancouver.

The groups which are trying to stop the plant need your help. If you agree that we need to make the transition out of fossil fuels and into more sustainable forms of energy, they need you to write to the BC Utilities Commission, and say no. Letters should go to Duke Point Power, BCUC Secretary, 6th Fl., 900 Howe St., Box 250, Vancouver, V6Z 2N3 or commission.secretary@bcuc.com

There are many ways to meet the supposed shortage of peak power coming for a few winter nights in 2007/8, which is why BC Hydro says we need the powerplant. The whole crisis is slightly artificial, since BC Hydro is choosing to downrate one of the cables that brings power to the Island from the mainland. If it delayed the downrating by six months, there would be time to upgrade the cable.

The industrial pulp giant Norske has offered to shift its load, to reduce the Island's peak load. As soon as the cable is replaced, the peak problem will be over, and there will be plenty of sustainable energy that we can get on with developing. Apart from anything else, BC Hydro has no idea what natural gas will cost over the 25 year life of the plant; it will simply pass it on to us. The total cost may be as high as \$1.5 billion. Just think what we could do for solar, wind and tidal energy with that kind of money.

The timing is critical: the BCUC is holding the only hearing in Vancouver, on January 11th. The groups, including Citizens for Public Power, the Georgia Strait Crossing Coalition and the BC Sustainable Energy Association, want you to write a simple letter to the BCUC, expressing your opinion. Please do it now. For more see www.bcsea.org

Yours may seem like one small letter, but it is one more shoulder that pushes for change, as we work to alter humanity's future.

Guy Dauncey is president of the BC Sustainable Energy Association. He is an author and speaker, who is lives in

Argentine struggle continues

Avi Lewis and Naomi Klein are asking for help in defending an inspiring and courageous workers' struggle in Argentina.

The Zanon ceramic tile factory, a democratic, worker-run factory in Patagonia, is facing a serious threat of eviction, and the workers have asked Lewis and Klein to gather international support for their struggle.

For those of you who have seen the documentary, The Take, the Zanon factory, and Argentina's wider movement of worker-run companies will be very familiar.

For more on this and for stories not published in the magazine, see Newsbites at www.commonground.ca

NO LICENSE • NO INSURANCE • NO GAS • NO POLLUTION • RE-CHARGES IN 4-8 HOURS



21ST CENTURY TRANSPORTATION

ELECTRIC BIKES AND SCOOTERS

STARTING FROM \$997

CANADA'S ONLY ELECTRIC
MOTOR SCOOTERS!

WWW.GWEV.COM



3825 Main St. / 604.879.4559

BE PART OF THE SOLUTION. JOIN THE GWEVOLUTION!

RESOURCE DIRECTORY

| | | | |
|--------------------------------|---------------------------------|--------------------------|-------------------------------|
| Books & Music..... 20 | Dentistry..... 21 | Interior Design 25 | Psychology, Therapy & |
| Bodywork..... 20 | Education & Certification .. 21 | Intuitive Arts 24 | Counselling..... 25 |
| Business Services 21 | Events..... 27 | Health & Healing..... 23 | Rentals..... 20 |
| Delis / Cafes / Catering... 21 | Food 22 | Nutrition..... 25 | Vegetarian Restaurants ... 26 |

BOOKS & MUSIC

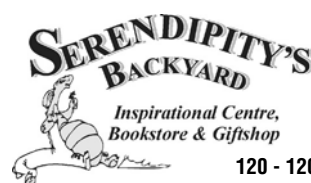


The Chinese ideogram for the word crisis consists of the characters for **danger and opportunity**.



The question is, can crisis, danger & opportunity co-exist constructively in today's disordered world?
www.futureseeds.com

The answer is Yes! The rising global debate is our best guarantee of progress against a materialism congealed within its own limited field. "The Dream of the Earth" by Thomas Berry, and "The Universe Story" by Brian Swimme & Thomas Berry richly open the way into a different and unlimited reality.



120 - 12031 FIRST AVE.
RICHMOND, V7E 3M1 (STEVESTON)
www.serendipitysbakyard.ca

A "Sanctuary for the Senses" awaits you at Serendipity's Backyard, Inspirational books, music, YOGA AND BELLY DANCING accessories, EXTRAORDINARY jewelry, gems, altar pieces, incense and more.
Hours: Monday -Thursday 10-5:30, Fri 10-7, Sat 10-5 and Sun 12-5. 604 275-1683



EXPLORE body, mind and spirit. BECOME who you dream of being. LIVE the life you've always wanted. Books, journals, candles, jewellery, music. **604-941-3755**
#3-2773 Barnet Hwy, Coquitlam, BC V3B 2C1
Hours: M-F 10-6, Sat 10-5, closed Sun and Holidays. www.freespiritbooks.com



Explore Spiritual Traditions, Metaphysics, Mythology, Psychology, The Healing Arts, Nutrition, Ecology, Native Wisdom....
3608 W. 4th Ave. Vancouver, BC V6R 1P1
Mail order: 800-663-8442. Free Catalogue
Books: 604-732-7912. Sound: 604-737-8858
Hours: M-F 10-9; Sat. 10-8; Sun. 11-7

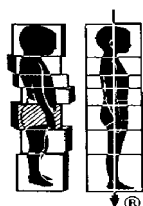


Authentic Tibetan Buddhist Art, High Quality Custom made Shrines, Hand-painted Thangkas, Statues, Meditation Cushion, Assorted Incense, Mala, Prayer flag, Stupa, Mandala, Bells, Dorje, Dharma ware, etc...Tel: **604.681.9665** Cell: **604.671.3489**
101-3823 Henning Dr. Burnaby (by appointment)

IF YOU THOUGHT FAHRENHEIT 9-11 WAS REVEALING...YOU NEED THE REST OF THE STORY. Get the real issues behind 9-11, etc. Visit North America's Premiere Conspiracy Bookstore: Over 600 dynamite Books, Videos, DVDs & Audios! Call 1-800-294-5250 for Free Catalog. www.preferrednetwork.com

"A man's character is his fate."
- Heraclitus

BODYWORK



ROLFING®
Grounding and Uplifting
Hans Diehl
Certified Rolfer
Van (604) 431-7661
Free Consultation

Rolfing holistically realigns your body's shape and structure. It eliminates the root cause of structural chronic pain, so results last. Enjoy deeper balance and graceful movement.
Vancouver and suburban locations.
www.rolfingvancouver.com



Holistic Mexican Massage
Beatriz Pimentel
(over 10 years of experience)
604.729.9504

Explore the ancient healing techniques of Mexico: • Mayan detoxification • Aztec chiropractic • Pre-Colombian aromatherapy • Quartz harmonizing • Crystalpuncture (a non-intrusive technique based on body energy enhanced by quartz crystals) • Acupressure • Reflexology • Lymphatic drainage • Craniosacral energy healing.

ROLFING®
Structural Integration
Lynne Kraushar
Certified Rolfer®
604-736-1758



Rolfing consists of a series of ten one hour sessions. Each session addresses a different area of the body, releasing the segments and returning the entire body to its natural balance. Free 1/2 hour consultations
www.rolfingwithlynn.com



KIM'S ACUPUNCTURE & ACUPRESSURE WORK
Dr. Tony Kim
Tel: (604) 687-6880
#320-1525 Robson St., Vancouver
Registered Acupuncturist in BC #108

- Back pain
- Stress/insomnia
- Stop smoking
- Arthritis
- Shiatsu Acupressure Therapist
- Japan, Korea, Canada - 18 years experience
- Treated Japanese Prime Minister Hashimoto
- Neck, shoulder pain
- Migraine/headaches
- Chronic pain
- Balance Vital Energy

RENTALS

CENTRAL SEMINAR ROOM / OFFICE
Cozy, carpeted room, seats 40. Available 24 hours, seven days/week. Natural/dimmer lighting, parking, beverage facilities, good energies. 535 West 10th Avenue (at Cambie)

HEALING ROOM: part/full time. Reasonable rates. Inner Garden Activity Centre, 535 West 10th Avenue (at Cambie). (604) 875-8818.

"Victory attained by violence is tantamount to a defeat, for it is momentary."
- Mahatma Gandhi

BUSINESS SERVICES



CARS BY HANK

Need advice on buying your next car? I sell the finest used cars in B.C. I sell makes and models that my 37 years experience with cars have proven to be dependable. D10566 PS autosales. Call Hank Melanson, 739-8494.



Arbutus West Business Consulting

Brent Wensrich, MBA
www.ArbutusWestConsulting.com
or call: 604.785.3120

Your Business deserves to succeed. A good business consultant can help make your business easier to run and more profitable. We offer personalized full service, one-on-one business advice and management consulting to entrepreneurs, small and mid-sized firms, and professionals.

COUTTS WEILER & PULVER

BARRISTERS and SOLICITORS
Labour Relations and Employment Law

• Human Rights • Privacy
• Harassment • Wrongful Dismissal
1485 Two Bentall Centre 555 Burrard Street
Vancouver BC V7X 1M9
Tel 604.682.1866 Fax 604.682.6947
Visit us at www.cwplaw.ca Contact us at
info@cwplaw.ca

Seva Roberts Realtor

Seva means "service"
www.sevaroberts.com

Dexter Associates Realty
604-228-9339

This communication is not intended to solicit property already listed.



I grew up, live and work in Kitsilano. I specialize in the Westside and Downtown, and will give you 110% dedication to bring you the results you want. So if you have any questions regarding real estate, contact me at: seva@dexterrealty.com or 604-537-4399.

NATIONWIDE MAILING SERVICES LTD

Phone Anil at 604-889-6245
email: nationwidemail@yahoo.ca

Addressed & Unaddressed Advertising, Publication Mail, First Class Mail, Discount Postage Rates Data Processing & Laser Printing, Automated Folding & Inserting, Shrink Wrapping and Poly Bagging Canada, US & International.

"Nothing takes the taste out of peanut butter quite like unrequited love."

- Charles M. Schulz

DELIS / CAFES / CATERING

be wise advertise

Call 604-733-2215

As well as you, there are a **quarter million** other people reading Common Ground magazine each month. We are 100% **Canadian owned** and almost **twice the circulation** of our nearest competitor. By advertising your product, service or event with us you will increase your success.



SERENITY NATURAL FOODS DELI/CAFE/CATER

3347 WEST 4TH AVE
VANCOUVER, BC
604-739-9777

Specializing in gourmet **wheat-free, lactose-free** and **gluten-free** meals and desserts. No trans-fats; local, organic ingredients; free-range meats; wild fish. **Always fresh and naturally made!** Dine-in, take home or cater your special event. Come visit! **Mon-Sat 11-8:30 / 604-739-9777**

DENTISTRY



Dr. SERGE Agafontsev

Biological Dentistry

www.doctorserge.com

Your choice in dentistry. Family discounts. European materials and quality. Highly advanced equipment. Teeth whitening with 3 years warranty. All types of dentistry - affordable prices. **Visit our brand new office at #220-1080 Mainland St. in Yaletown.**
Reserved patient parking.
604-708-6042; serge@novus-tele.net



DR. PATRICK J.S.
FINNIGAN
MERCURY FREE
DENTISTRY

Tooth Coloured Restorations
Material Compatibility Testing Kit Available. New Patients Always Welcome.
202-4545 West 10th Ave., Vancouver, BC.
Ph: 604-224-3288, Fax 604-224-3289
Email: pjsfdds@telus.net
www.patrickfinnigandds.com

EDUCATION & CERTIFICATION

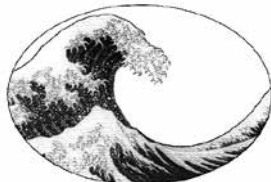


Learn to fix bodies better than all the king's horses and all the king's men. BC's longest established school of essential oil and Aromatherapy courses that teach treatment of stress and its impact. Blending for auto immune malfunctions

and correcting body mechanics are part of the program. Next courses start in January and are filling fast. Correspondence and tutored lessons available. Successful completion qualifies for RA designation. Blending seminars

and professional supplies on site. Scents of Comfort 52 - 6th Street, New Westminster, BC V3L 2Z2 Phone (604) 521-7670 Fax (604) 526-7880
email: scents1@telus.net or visit us at www.scentsofcomfort.com

Maui School of Therapeutic Massage



Learn massage therapy while enjoying the sun and sea of Hawaii! Our "state-of-the-heart," professional program provides you with the knowledge, skills and confidence to **open your own bodywork practice.**
• Facilitate healing for yourself and others
• Make a difference in your community
• Earn a good income and be your own boss
• Experience personal growth and transformation

Our **600-hour certification program** is one of the most affordable anywhere at only \$3,300 U.S. **Part-time, 12-month programs begin every September and March. Full-time, 7 month programs begin in mid-September.** Curriculum includes anatomy, assessment, medical massage, Swedish, neuromuscular, shiatsu, Hawaiian lomilomi, reflexology, sports, body-mind and a fully-supervised public clinic.

The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and free catalog, write **Maui School of Therapeutic Massage**, P.O. Box 1891, Makawao, Hawaii 96768. Phone: (808)572-2277 or visit our website at www.massagemau.com



PACIFIC Institute of REFLEXOLOGY

PPSEC registered. Most courses tax deductible

Reflexology is taught as an intuitive healing art. Courses are designed to provide a structure that supports you in developing your own intuitive sense of reflexology. A holistic orientation prevails.
Holistic Reflexology: An Introduction
Informational evening talk and "hands-on" presentation. \$10. See "Datebook."

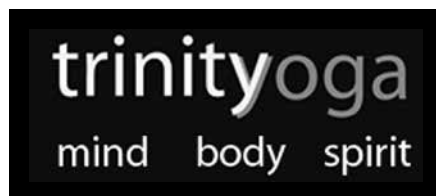
Basic Foot, Hand or Ear Reflexology Certificate Courses

Twenty hours of expert instruction plus forty practicum hours prepare you to practise foot, hand or ear reflexology competently. \$295. See "Datebook".

Advanced Foot Reflexology Certificate Course
Refine and expand your knowledge and skills

to enhance your effectiveness practising foot reflexology. \$295. All courses are offered on a regular basis year round.
For registration or information:
Pacific Institute of Reflexology
535 West 10th Ave. / Cambie VANCOUVER, B.C. V5Z 1K9. (604)875-8818 Fax: 875-8868
Website: <http://www.pacificreflexology.com>

EDUCATION & CERTIFICATION CONT'D



YOGA TEACHER TRAINING
& ADVANCED STUDIES

Toll free 1-866-726-9262
www.trinityyoga.net

February 15-20/05

Professional Certification Program

Level one course, leading to Yoga Alliance Certification is 6 intensive days following the quantum learning style of teaching. Trinity Yoga Inc. prides itself in providing through and interactive course content, including Ashtanga 8 limb path with all of its

philosophical and practical applications. You will deepen your understanding of yourself, yoga and your personal path in this dynamic program. All aspects of teaching, facilitating and leadership are introduced and explored in Trinity Yoga Teacher Training & Advanced Studies courses.



Become a competent, confident **Reflexologist**, learning from **Yvette Eastman**. Yvette also teaches Touch for Health. Touchpoint Institute is registered with PPSEC. Hand, Ear, Face & Body Reflexology available. Our programs are 85% hands-on, fun-filled, stress-free, complete &

intense. Ask about our books, charts, and videos. Daytime Reflexology Diploma program Jan. & Evening Diploma Jan 31 - June. **Pawspoint Reflexology for Animals** Jan 15,16 / Apr.17,18. **Certificate Practitioners Complete Reflexology** May 21-23. **Essential Advanced Reflexology** Mar.18-23. **Hand**

Reflexology Apr. 18-20. **Ear Reflexology** Apr. 5; **Touch for Health** 1-4, Mar. 24-28, \. **EFT** Apr. 18,19. Homestudy & Edmonton classes available. Request our catalogue. Visit: www.touchpointreflexology.com, Phone: 604-936-3227, Out-of-town, 800-211-3533 e-mail: yvette@touchpointreflexology.com



STONE
THERAPY
SCHOOL

www.stonetherapyschool.com

CERTIFICATION COURSES IN HOT STONE MASSAGE

•**Level I** - Basic Hot & Cold Stones Massage – 3-day •**Level II** – Advanced Therapeutic Massage with Hot & Cold Stones – 2-day •**Level III** – Ki Stone Therapy – 4-day •**Raindrop Therapy** With Hot Stones – 1-day •**Reflexology** With Hot

Stones – 3-day •**Mini Facials** With Hot Stones – 2-day •**Distant Educational** course

STS offers courses designed for massage therapists, energy workers and SPA professionals. Our courses will compliment your career in body, mind and spirit health disciplines.

DISTRIBUTOR OF BASALT AND MARBLE STONES Call Nina Gart at 604/552-4740 Toll-Free: 866/305-0066

E-mail: nina@stonetherapyschool.ca

Pick up a stone form anywhere, look deep inside...for captured within is the power to heal...



HEALING
BODYWORK CENTRE
MARY BENSON
737-8350

Registered with the
Private Post-Secondary
Education Commission of BC

Holistic Bodywork Diploma Program
260 hours full time evening and Saturday classes. Comprehensive program in bodywork and related subjects. Begins January 17, 2005. Also offered: Certified Massage classes and healing sessions. Reflexology. Call 604.737.8350 www.healingbodyworkcentre.com



**CORE BELIEF
ENGINEERING**
Founder, Elly Roselle
PPSEC Registered
(604) 536-7402

Professional Certification Program
This gentle, powerful approach to making definitive, lasting and meaningful change has built an excellent reputation across North America since 1985. **Four-day Basic Courses: May 2005**
Forty-day Intensive Course: January 2005
Eroselle-cbe@msn.com

NLP

The NLP Institute &
NL Palmer & Associates
White Rock, BC
Empowering Your Future™
Certified NLP Practitioner Course
Beginning in November, 2004
Call: 604-536-4862
www.NLPInstitute.com



**Canadian College of
Shiatsu Therapy**
•Vancouver (604)694-0095
•North Van (604)904-4187
E-Mail: info@oyayubi.com
Website: www.oyayubi.com
STARTING JANUARY 2005

Internationally Recognized Shiatsu Practitioners

- 2200-hour Shiatsu Practitioner Diploma Program*
- Shiatsu Foundation Certificate Course
- Chair-Shiatsu Certificate Course
- Upgrading Program for Healthcare Professionals Registered with PCTIA. CSSBC accredited

*Also, eligible for US (WA) Licensed Practitioner.

GREEN CITY COLLEGE



Certificate programs in:
*Foot Reflexology(\$400)
*Acupressure(\$800)
*Both (\$1,100) / Job available after the study.
*One time only tuition fee, No extra charge.

Programs offered on a regular basis year round / Weekday or weekend available / 24-72hrs lecture & 60-120hrs Practicum / Find 4 people, you can choose your own study time / Mini-course for couples / Student clinic available by appointment. (604) 873-0939 2F-2980 Main St. Vancouver



**Chair
Massage
Training**
Relax to the Max
www.chairmassagetraining.com
Presented by Massage International

Enjoy a soul-satisfying massage career. Try this short, affordable massage training program. You'll love it or you don't pay! Certification recognized by Canada's largest massage association. Financing available. Classes start soon; private training available. Call 1-800-207-4013 for a 24 hour recorded message.



The Art & Science of Coaching, 16-Day coach training in partnership with The Justice Institute of BC. New Westminster Campus. Call about our **Information Evening, January 12th at 7pm**. RSVP for location 604-879-5600 / info@erickson.edu.



**FREE
INFO
KIT**
CANADIAN
ACUPRESSURE
COLLEGE

HOW TO GET A CAREER IN HOLISTIC HEALTH IN LESS THAN 9 MONTHS. If you believe in the power of touch, turn it into a career. Call today to become a Registered Shiatsu Therapist or Jin Shin Do Practitioner. Call 1-877-909-2244 or www.acupressureshiatusschool.com



203-45744 Gaetz St.
Chilliwack, BC V2R 3P1
bcihs@telus.net
www.bcihs.ca

We are dedicated to providing a learning environment which embraces traditional & contemporary methods of therapy to produce skilled, caring practitioners. Courses in Aromatherapy, Reflexology, Shiatsu, Iridology & Holistic Practitioner. Meets the standards of the BCAA and NAHA. Accredited with PPSEC. 1-888-826-4722

AROMATHERAPY MASSAGE 12 - WEEK
Certified Program Sun. or Mon. 10-5 with Lynda Henderson & Paul Crowder. INFO. night Jan 12th, program begins Jan. 16th & 17th. Aromatherapy, Swedish, Shiatsu, Reflexology, Facials, Group Rebirthing, Sweat Lodge. 16+ years and 100s of satisfied participants of all ages. Lynda 604.263.5204 and Paul 604.671.1738.

**WEST COAST INSTITUTE OF AROMA-
THERAPY.** Offering quality home study courses, for everyone from the enthusiast to the professional. Learn how to safely incorporate essential oils into your life to enhance your body, mind and spirit. Contact Beverley at (604) 267-3779 E-mail: wcia@telus.net Website: www.westcoastaromatherapy.com

FOOD

**Grassfed
Beef**

Certified Demeter
Certified Organic



Beyond organic... Less fat, fewer calories, more omega 3, CLA, vitamin E and beta carotene. **Free** of grain, pesticides, growth promoting hormones, antibiotics, fillers, animal by-products, or chemical fertilizers. 250-394-4410 www.pasture-to-plate.com



NOW OPEN!
3642 W. 4th Ave.
Vancouver
Mon: Sat: 9am - 7pm
Sun: 10am - 6pm
604-730-5430
alka@telus.net

**NO growth hormones, NO antibiotics,
NO animal by-products**
Specializing in Bison (buffalo)
Organic meats • Natural meats • Wild Game
• Assorted burgers (100% meat)
• Specialty sausages (No nitrates or fillers)
• Bison sausages and cold cuts

FERLOW BROTHERS LTD.



**Box 30099
8602 Granville St.
Vancouver, BC
V6P 6S3**

www.ferlowbrothers.com

We are a **100% Canadian** owner operated company. Manufacturing natural herbal products since 1993, offering a complete program of products (creams, lotions, shampoo, soap, extracts, oils, spray, tinctures, toothpaste) using standardized Physician-grade certified organic, organic or wild-crafted herbal extracts and other premium quality ingredients.

Mission statement: To be an innovator and leader

in the natural herbal products industry supplying fresh products without harsh chemicals, synthetics, artificial colour, scent and preservatives to Professional Health & Wellness Practitioners only, at affordable prices. **BACK TO MOTHER NATURE!** Quality & Service since 1975. Consultant inquiries welcome. Please phone us for the nearest Consultant, (604) 322-4080 or (888) 747-6287,

or visit Health Plus, Inge Hanle, (604) 437-6286 or email hanle@zxion.net, Ina Hees, Abbotsford, (604) 850-6912, TAP (True Aromatherapy Products), Colleen Thompson, Louise Blisner, Fort Langley, (604) 888-6800 or (866) 888-6806 or email essence@telus.net

Fax (604) 322-4081.

email: info@ferlowbrothers.com



**PACIFIC
Institute of
REFLEXOLOGY**

PPSEC registered. Most courses tax deductible

Enjoy Deep Blissful Relaxation!

Reflexology is taught and practiced as a potent, safe way to: free stress and tension, relieve pain, improve circulation, and facilitate the body's healing processes. Gentle, soothing stimulation of foot, hand or ear reflexes revitalizes your whole body. Private Sessions: Enjoy the healthy benefits of therapeutic half-hour sessions: \$35.

Student Clinic: Tuesday evenings, sessions only \$15. Revitalize yourself, you deserve it. Book your appointment now!

"Recreational Reflexology" Video Guide

Enjoy pleasurable, quality time with your family and friends following expert guidance to foot reflexology sessions. Only \$29.95 for end-less enjoyment!

Training

Certificate courses prepare you to practice reflexology competently. \$295. See: Education Listing. Books, charts, "Maseur" sandals and self-help tools available.

535 West 10th Ave. / Cambie Vancouver, B.C. V5Z 1K9 (604)875-8818 Fax: 875-8868

Website: <http://www.pacificreflexology.com>



Aroma Acupressure Treatment. A Perfect Blend of the Ancient Art of Tuina and the Healing Elements of Pure Essential Oils. The most effective answer to Stress-related Symptoms, Muscles And Mental Exhaustion. Medically Proven To Manage The Pain And Fatigue Of Fibromyalgia Patients. **The answer you have long waited for. Guaranteed!**

Rejuvenating Aromatherapy Massage

Experience Deep Relaxation and a Sense of Well-Being with 100% Pure and Healing Essential Oils. Intuitive and Caring Touch.

Natural Skin & Hair Care

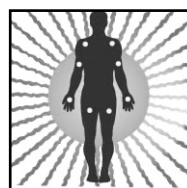
•Healing Indian Clay Facial & Back Masques
•Body Exfoliating with French Sea Salt & Essential Oils •Ancient Secrets for Nourishing

Hair and Skin •Fancy Foot Massage & Jacuzzi
...just because you really deserve it!

For appointments call **Nadia, your certified holistic practitioner: (778) 885-2299.** Visit: www.pureintentions.net/treatment.html for more info & testimonials.

\$10 to \$20 Off Your First Visit.

Free Hand-Made Aromatherapy Gift.



Elite TCM Centre
Acupuncture & Herbolgy

BC Registered Acupuncturist
BC Registered Herbalist
30 Years Clinical Experience

Telephone 604-875-9222
#905-750 W. Broadway,
Vancouver

SPECIAL OFFER \$200 FOR 10 SESSIONS FREE CONSULTATION

• Neck/ shoulder/ back pain, sport injuries, work injuries, tendonitis, fibromyalgia
• Numbness, paralysis, stroke, arthritis, whiplash, sciatica, gout, bone spur, degeneration
• Headache, migraine, insomnia, allergies, asthma

• Stress, depression, fatigue
• Menstrual disorder/ pain, menopause, PMS
• Stomachache, digestive trouble, constipation, diarrhea, skin diseases (acnes, spots)
• Weight loss, Bust Enlargement
• Acupuncture
• Acupressure

• Chinese massage (Tui-Na)
• Foot massage (Reflexology)
• Uplifting/ anti-wrinkle facial (include face acupressure)
• Steam Bath (Essence)
• Car accident pain, spinal twist / sprain
ICBC, WCB & Extended Medical Plans accepted.



DR. LING XIA

• Doctor of TCM, Acupuncturist in China and Canada.
• Gynecologist from China.
• Over 20 yrs experience.
• Instructor of Acupuncture and Chinese medicine in Canada.

ACUPUNCTURE & CHINESE MEDICINE

•Gynecological disorders

•Insomnia •Digestive disorders •Fatigue
•Quit Smoking •Headache •Backache •Stress
•Skin problems •Cosmetic Acupuncture
•Arthritis •Weight Problems •Chronic Pain
604-669-4333 504-1160 Burrard Street

Westcoast Naturopathic Clinic



Naturopathic Physician
Dr. Glenda Laxton

Personal health-care management to fit your needs

Specialities

Woman's Health & Gynecology
Homeopathy - Bowen technique - Nutrition
Hydrotherapy - Botanical Medicine
Accepting new patients - Families welcome
#1114 - 1030 W. Georgia. **604-681-5585**
www.westcoastclinic.ca



10 IV TREATMENTS

Detoxamin chelation - 70% off I.V.

Save money and time with the safer, less expensive and more convenient Detoxamin chelation suppositories (Ca-EDTA). One box (30 suppositories) is equal to ten I.V. chelations. Guaranteed lowest prices. Retail (wholesale): www.detoxamin.ca



H. H. Shri Mataji
Nirmala Devi

Free Sahaja Yoga Meditation Classes

www.sahajayoga.org
604-597-8440
604-715-8888

Do you want to lead a happy and healthy lifestyle? If yes, please attend our free meditation classes as taught by H.H. Shri Mataji. "You cannot know the meaning of your life unless you are connected to the roots."

H. H. Shri Mataji Nirmala Devi
www.sahajayoga.org 604-597-8440
604-715-8888



**A Place of
Healing**
604 431 7474
www.lomi4life.com

**CRYSTAL, NATURAL
HEALTH STORE &
MASSAGE CLINIC**

ICBC & WCB
claims accepted
1215 Madison Ave
Burnaby, BC

Authentic Hawaiian Lomilomi massage •Deep tissue, Sports massage •Crystal & hot stone therapy •Swedish, lymphatic drainage, reflexology. **Workshops:** *Authentic Hawaiian Lomilomi **April 15-17** *Crystal healing for your health & home **Feb 27.** Lomilomi not only affects physical maladies it also includes subconscious, emotional & mental aspects.

LEMURIAN SPIRITUAL MEDITATION FOUNDATION

**13495 - 244 Street
Maple Ridge, BC
V2X 7E7**

GALACTIC Spiritual Master Healing: Channelled Healing from Master. In the other spiritual planet, out of this solar system. You will feel very strong prana circulating through your body during healing session. Cancer, all kinds of life threatening disease available. Miracles will happen. Please call Horret to make an appointment **604-463-2145**



Jacob Unger
**5 Element - Plant
Spirit Healing
Practitioner**

604.418.9636
www.shamanichealing.info

Shamanic Transformational Healing. Empower mind/emotions. Strengthen your spirit with the loving compassion of the plant spirit world. **PLANT SPIRIT HEALING** includes: Toxic Agressive Energy Removal; Soul Recovery; Cutting of Psychic Ties; Shamanic Counseling. **Also: Drumming/Chanting Circles and Medicine Wheel Wisdom.**



**The
Alexander
Technique
Centre**

604-737-2818

members.shaw.ca/AlexanderTechniqueCentre

The Alexander Technique is a method of mental and physical re-education which teaches how to use our body to its best advantage. Private lessons, workshops, and CANSTAT certified, PPSEC registered teacher training.

#110-809 W 41st Ave. Vancouver

HEALTH & HEALING



Transformational Bodywork

Devaki Drache

Tel: 604.222.2054

The body has a deep intelligence and wisdom which we can learn from. In a safe & trusting environment, **through touch and words**, learn to release holding & accept yourself in a deep way. "It's like coming home to yourself." ROSEN METHOD Bodywork Practitioner, Registered Clinical Counsellor, 25yrs. experience.



**ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU**
Doctor of Traditional
Chinese Medicine
Registered Acupuncturist
604-605-3382
Trained in Canada and China.

**Special Package for
Stopping Smoking and Weight Loss**
• Back pain • Arthritis • Insomnia • Fatigue
• Digestive disorders • Respiratory disorders
• Gynecological issues • Skin disorders
Low-Cost Acupuncture Package
Chinatown Centre Medical Clinic
#165 - 288 East Georgia Street, Vancouver

SKIN DISEASES!

Registered Doctor of TCM
Former Instructor of TCM
at Langara College
23 Years Clinic Experience
Extended Health Care Accepted
Vancouver: 604-876-8618
#116 - 828 West 8th Ave



Dr. Peter Zhou, a qualified MD & former director of a hospital in China, specializes in: Skin Diseases: eczema, skin rash, acne, psoriasis, rosacea, shingles, herpes, vitiligo, plane wart, yellow spots, hives, allergic contact dermatitis, neurodermatitis. **He also treats all kinds of pain problems.** <http://drpeterzhoudtcm.tripod.com>



REIKI PLUS
Balance the Mind, Body and Soul
Nicole Lafleche, BSW, CRA
Reiki Master / Teacher
604-742-1603 / lafleche446@hotmail.com

Reawaken your body's innate ability to heal itself, reduce stress and experience deep relaxation with Reiki. Reiki is an ancient Asian healing modality that uses universal energy to balance and harmonize us. To experience Reiki for the higher well-being of your mind, body and soul **contact Nicole today to schedule an appointment.**



Jenny Lou Linley

Certified
Hellerwork Practitioner

733-0339

Deep tissue release results in an expanded, lighter, **more alive state of being**. Interactive dialogue connects mind, body, spirit. Movement awareness supports postural changes. **Good for injuries**, carpal tunnel, thoracic outlet, chronic back pain, joint problems, stress, tension, personal growth. **A profound experience!** FREE 1/2 hour consultation.

ITM
Institute of Thai Massage
British Columbia

Call for Certificate Courses Available
appointment E: itm@itm-britishcolumbia.com
604-298-0115 www.itm-britishcolumbia.com

Thai Massage acts directly upon the muscular, circulatory and nervous systems to promote healing within the body, effectively relieving pain and tension, and including an inner sense of well-being.
Gift certificates available.



Valerie Kemp
739-9916
~ CRANIAL SACRAL
& LYMPH DRAINAGE
THERAPY AND MUCH
MORE!

After assessing the physical and subtle energy of the body, Valerie's light, heart-centred energetic touch, and soft, gentle dialogue with the body, begins a journey of the soul to the root cause of the issue. Tissues and organs gently surrender, layers of emotions and memories melt away, taking us to the pure essence of being and vibrant health! **For information and appointments please call Valerie at 604-739-9916**



dangerous curves
Slimming Salon
LOOK BETTER AND
FEEL BETTER

www.dangerouscurves.ca

**Dangerous
Curves**
Slimming Salon
3915 Hastings
Burnaby, BC
(604) 298-4650

Lose 10 to 30 inches in about an hour... with our exclusive Body Wrap that detoxifies **without** dehydrating. Maximize your health with our Infrared Heat Therapy. Burn over 600 calories in 30 minutes. Appointment only. Gift Certificates available.



**LOVE
HEALS**

Anne McMurtry, Ph.D
Reiki Master

I offer **healing sessions** blending Reiki, crystals & gemstones, channelling, sacred sound, aromatherapy and colour healing. Past Life Regressions and deep trance work also offered. **Ongoing workshops offered in Reiki I, II & III, Crystal and Gemstone Training.** Please call 604-734-8219



www.justheal.it.com

Diane Rizun 604-530-9252
Shamanic Healer: of Alberto Villoldo's www.thefourwinds.com
Certified Counselor: of Duane O'Kane's www.clearmind.com
Holistic Registered Nurse

Awaken and rebalance your energy body. Journey to non-ordinary realms for healing. Surrender to higher will, shape your destiny.
• Soul Retrievals, Intrusion extractions, Illuminations, Therapeutic and Healing Touch.
• Workshops, Medicine Wheel teachings, private sessions, monthly groups.

**BRAVE
NEW WORLD
FLOATATION
CENTER
Vancouver**



KEEP THAT EDGE
Immediate Stress Reduction
Enhance Your Personal Performance
Improve Your Focus, Work & Clarity
Sleep More Restful
604-801-5266

"Great ideas, it is said, come into the world as gently as doves. Perhaps, then, if we listen attentively, we shall hear, amid the uproar of empires and nations, a faint flutter of wings, the gentle stirring of life and hope"

— Albert Camus

INTUITIVE ARTS

EVANLY-RAYS



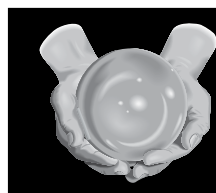
Psychic Answers
Balancing
Your life's problems
correctly

EVANLY RAYS PSYCHIC ANSWERS... WE ARE THE VERY 1ST IN CANADA TO PROVIDE 1-900 PSYCHIC SERVICE. Serving more Canadian customers than all other Canadian companies combined First choice of customers... rated the best every year since 1995 for most accurate predictions. First and currently only company in Canada

to pass and incorporate rules of ethics set by UNITED SOCIETY OF PROFESSIONAL ASTROLOGERS AND PSYCHICS.

65 Psychics and over 30 Clairvoyant psychics who have a certified degree in Astrology. (A spirit, soul and scientific reading that is amazingly accurate). Relationships, careers, life depression, instant psychic

relief. Spouse unfaithful... promotion declined... too tired mentally to have fun. Try us and find out why customers truly say Evanly Rays Psychics are #1. For entertainment only.
18 + \$2.99/min 24hrs
Call 1-900-451-4055
ALL CALLS CONFIDENTIAL



**Granville
Island
Psychic
Studio**

HOME TO VANCOUVER'S BEST PSYCHICS
Walk-Ins Welcome Every Day 11-5.
Across from The Keg, Marina side.
Ask for Chanel "the clairvoyant other readers consult." Hundreds of confirmed testimonials in the lobby.
Ph: 604-734-3354 www.psychicstudio.ca

CHANNELLED READINGS BY DR. ANNE McMURTRY. ANNE'S ABILITY opens a line of communication between you and your Spiritual Guides, allowing them to speak directly to you. To inquire call Dr. Anne McMurtry at **604-734-8219, VANCOUVER.** See ad in Health, Healing section.

ANGEL READINGS BY PATRICIA SERENO, Angel Therapy Practitioner, trained and certified by Dr. Doreen Virtue PhD. Connecting with the Angelic realm to bring you personal messages from your Angels for peace of mind and heart. For a private appointment, please phone 604-732-5134 or email: angels2u@telus.net.

INTERIOR DESIGN



Integrative Design

Lucy L. Frank
Bachelor of Interior Design

Kitsilano
(604) 738-6446

IMAGINE a beautiful space that... Expresses the essence of who you are and aspire to be... Nurtures your life... Functions smoothly to meet practical needs... and Utilizes existing furnishings whenever desired. **It's all Possible!**
Affordable Financial Packages

"The first step to getting the things you want out of life is this: Decide what you want."

— Ben Stein

NUTRITION



Nutritional Consultant

Vesanto Melina MS, RD
www.nutrispeak.com
Call 604-888-8325 or 604-882-6782

Personalized Nutrition from an Expert
Create the diet that will best serve you and fit your lifestyle and preferences. Insure that you meet all of your nutritional needs by booking a session with **Registered Dietitian Vesanto Melina**. Personal consultation includes computerized dietary analysis, practical tips, excellent recipes, menus, and easy nutrition for busy people. Gain confidence about diets of children and family members, or during pregnancy. We will address health concerns, weight management, and all your questions. Vesanto is co-author of the bestseller "Becoming Vegetarian", of "Raising Vegetarian Children",

lent recipes, menus, and easy nutrition for busy people. Gain confidence about diets of children and family members, or during pregnancy. We will address health concerns, weight management, and all your questions. Vesanto is co-author of the bestseller "Becoming Vegetarian", of "Raising Vegetarian Children",

"Becoming Vegan", "Healthy Eating for Life to Prevent and Treat Cancer", and the new "Food Allergy Survival Guide," plus Dietitians of Canada's Position Paper on Vegetarian Diets. Phone 604-888-8325 for personal consultations (Fort Integrated Health Clinic, near Fort Langley) or 604-882-6782 for seminars.

PSYCHOLOGY, THERAPY & COUNSELLING

FREE YOURSELF

Jamie Hilton
RCC
Masters in Counselling,
Chemical Dependency
Certificate



Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create** the life you deserve.

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR

- Creative/Career Blocks • Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression • Anxiety • Grief/Loss

• Relationship (from romantic to roommates)
I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.
For free initial consultation or information call: 604-802-4126, VANCOUVER.



Are U on purpose?

www.mtkhealing.com

"All of your symptoms - depressions, fears, cancers, relationship patterns, bankruptcies and divorces - point to the deeper purpose of your life."

Michael Talbot-Kelly, MH, MA
Holistic Psychotherapy
Registered Clinical Counselor

Learning to befriend these symptoms helps you discover the wholeness that is you. This friendship is what heals and restores the natural rhythms in your life.

Michael is a holistic psychotherapist who has 25 years experience healing the mind,

body and soul. Michael's commitment is to guide you - gently and truthfully - toward restoring these natural rhythms that allow you to live your full and balanced life.

Call Michael: 604-317-1613



What is Possible?

Toni Pieroni, M.A.
Registered Clinical Counsellor

Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck. Life's options open up as you learn to respond rather than react, resulting in:

- Healthy, intimate, satisfying relationships
- More success in work and career

- Joy, ease and pleasure in life itself
 - Aliveness and authenticity
- Some issues dealt with:**
- Emotional, physical and sexual abuse
 - Addictive and obsessional behaviour
 - Relationship issues and co-dependency
 - Anxiety and depression • Self-expression

About Toni Pieroni: Along with my professional training and skill, I bring over 20 years of personal development experience. I offer individual and couple therapy. For further information or for a free introductory session, phone 604-737-0168. Or visit our web address: www.counsellingbc.com/listings/tpieroni.htm



Integrative Therapy

Ralph Frank, M.A.
Registered Clinical Counsellor

Kitsilano
(604) 738-6446

Life presents difficult challenges. From the power of our hearts, emotional wounds will heal. By embracing our personal experiences with compassion, intention and direction, profound change is within reach. By gently letting go of old patterns, new beginnings will arise.

Drawing from 35 years of professional experience and the teachings of spiritual healers in Asia, Mexico and the Aboriginal community of Canada . . . Psychotherapy, life coaching, journaling and exploring lifestyle choices are integrated with Eastern philosophy, meditation and bodywork.

- A creative and supportive environment.
- The blending of knowledge from the West with the wisdom of Ancient Cultures.
- A comprehensive method of change.
- An affordable contract system to maximize personal gains.
- A mindful exploration of possibilities.



Therapy of the Whole Person

John Arnold Ph.D.
Therapist /
Counselor since 1975
604.261.2788

Only by Working with the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK,

it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are

uncovered and resolved. If you are fed up and want to do something radical about your predicament, give me a call 604-261-2788 or visit my web page at www.members.shaw.ca/johnarnoldphd/



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Hypnotherapy- Ancestral healing, Past life Regression, Weight loss/Stop Smoking, Life Purpose, Athletic Performance.
Couples Counselling
Astrology - Honoring your cosmic blueprint.

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practicing hypnosis and astrology for thirty years, and weaves these skills into her coaching and counselling practice. Hypnotherapy opens up the wonder and wisdom of our subconscious mind. With the help of the

angels, transformations occur gently and profoundly. Lorraine returns to Vancouver from ten years living, working, studying shamanism and playing on Kauai and Maui. She can be reached at (604) 871-4342 or emailed at transformance@mac.com

PSYCHOLOGY, THERAPY & COUNSELLING CONT'D



Reach and expand your potential in all areas of your life. Since 1985 this gentle method has proven exceptionally effective in changing automatic, self-limiting patterns and enhancing Conscious Choice. Elly Roselle offers private sessions and classes. (604)536-7402. Email: eroselle-cbe@msn.com

Bianca Rucker & Associates Inc.



Bianca Rucker
R.N., M.A., Ph.D.



Sexual & Relationship Therapy

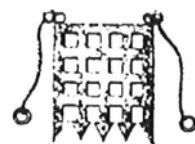
Problems with sexual functioning, in desire discrepancies, affairs, or communication conflicts? We provide sex therapy counselling, clinical hypnosis. Health coverage. #400 - 601 West B Vancouver. **Bianca Rucker, PhD 604-731-2646** www.biancarucker.com

Felicity Fane Ph.D.
Transformative Learning
(604) 562-4456



Workshops commencing January 2005
Release your hidden creative potential and transform your life. **Following The Artist's Way** 13 weeks; **Creative Unblocking** 13 weeks; **Choosing a Spiritual Path** 7 weeks **Creating Sacred Space** 10 weeks. Limited enrolment. Group and Individual Sessions.

YOUR GATEWAY TO THE PAST
Past-Life Therapy



Past-Life Therapy
Di Cherry is a Certified Clinical Hypnotist Member Canadian Hypnotherapy Association www.dicherry.com
2678 W 11th Ave, Vancouver.
For information or appointments: **604-731-2646 or dicherry@telus.net**



Transform Curses Into Blessings
Barbara Madani
Registered Psychologist #335
Vancouver 604 876-4313
www.powerpsych.com

If you want to **recover** the real self, **reconnect** with your energy and creativity, **refine** skills to **realize** your goals and **reinstate** your personal power - **request** an appointment. We will transform curses into blessings using: • EMDR • Power Therapies • exploration of feelings and reframing beliefs • goal setting and decision making



Lillian Kelly
M.A., R.C.C.
24+ years experience
604-536-7770
Caring for: Children, Adults, Couples & Families

Transform painful life patterns!
Relationships, Sexual issues, Trauma, Anger, Grief, Depression, Anxiety, Addictive patterns. **Compassionate, Effective, Body-based Therapy! Move through to Love & Be truly Alive! Fulfilled!**

Learn to Empower Yourself



Lana Rados
MA Clin.Psych., RCC, BCACC
WCB & Criminal Injuries Board Reg.
604-644-9874
info@lanarados.com
www.lanarados.com

Feeling unfulfilled? Conflict/relationship problems? Suffering depression, anxiety, stress, loss? Dealing with trauma, abuse, work or health issues? Effective psychodynamic treatment for **life-long results**. EMDR, CBT, Hypnosis. **Become the happy person you are meant to be.**



Anxiety/stress * Identity exploration * Adult issues from childhood * Addictive patterns * You possess unique qualities and skills important in your journey toward healing. We will assist you to identify the barriers to change. For information about counselling and making change is possible **604.733.9588**

RELATIONSHIP ISSUES • SHYNESS • DEPRESSION • ANXIETY • ANGER • Post Traumatic Stress Disorder • Abuse • Sexual Addiction • Effective treatment using counselling,

hypnotherapy and EMDR. Reasonable rates. Louise Evans, BA., MEd., Marriage and Family Therapist. Metrotown and W. Broadway office. **604-522-0257 www.louiserevans.com**

"Hope is a waking dream."

- Aristotle

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
3932 Fraser & 23rd Ave.
Vancouver
Bodhi Choi Heung
(604) 873-3848

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11:00 am to 9:30 pm, closed Tuesday. Rated Best Vegetarian Restaurant in Vancouver Magazine's 9th Annual Restaurant Awards. Call for reservations. **604-873-3848**



"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" Georgia Straight and in Var Magazine's "Readers' Choice". Open 24 hours a week, 24 hours, licensed, wood-paneled, heated patio, live music at 2724 West 4th Ave. **604-738-7151**.



2582 West Broadway
Vancouver 604-737-7373
Mon-Thurs 11am-9:30pm
Fri-Sun 11am-10pm

Vancouver's largest vegetarian buffet
Enjoy homemade vegetarian food at its finest from our extensive hot and cold buffets. There is something to please everyone from our international selection of tasty dishes, many vegan, wheat and gluten free, including our natural desserts. Eat in or take out.

EAST IS EAST
EXPERIENCE THE EAST WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Opening Soon Upstairs

"East Is East is a place where you are encouraged to talk to your neighbor. This is definitely not the Ritz, but it is Kits. From plumbers to poets, hippies to generation whatever place has special appeal."
Owen Williams, Common Ground



The Rainbow Vegetarian Restaurant
273-7311
8095 Park Road, Richmond, BC
11:30 am - 10:00 pm
Closed Tuesdays, except full moon day

The Meaning of Vegetarian
It comes from the Latin word "VEGETUS." It means "Integrity, Healthy, Freshness, Energetic". Remember it and enjoy the flavour! Try our delicious appetizers, soups, thick soups, deluxe veggie dishes, hot pots, noodles, congee, deep fried & sauteed dishes, and rice dishes.

VEGGIE BUNCH
VEGETARIAN BUFFET
Open Seven Days a Week

Phone: 604-233-0808
1670-8260 Westminster Hwy.
Richmond, BC

Newsbites

People must not be guinea pigs to GM rice in China

In China, authorities are still struggling over a decision about whether to commercialize GM rice in China. The ministry of Agriculture will make the decision in early 2005. The newspaper The China Daily comments: **People must not be guinea pigs to GM rice in China**

"Some supporters of GM rice say everything incurs risks when it generates benefits. It is not wise to give up the benefits for the potential risks. But this is true only when the benefits overwhelm the risks. **When the benefits are not clear, people should not be used as guinea pigs with food they eat every day. The authorities must treat the matter with more caution.**" www.gmwatch.org/archive2.asp?arcid=4718
For more on this and for stories not published in the magazines, see www.gmwatch.org/archive2.asp?arcid=4718



**SANT
RAJINDER SINGH**

**SCIENCE OF
SPIRITUALITY**

Science of Spirituality is a global, not-for-profit spiritual organization under the leadership of Sant Rajinder Singh Ji Maharaj.

We are hundreds of thousands of people of all nationalities, races and faiths deeply committed to a spiritual way of life based on meditation, service to others, and personal transformation of inner and outer peace.

All SOS programs are FREE.

Vancouver: Sunday mornings 10-12 Noon
809 W. 23rd Ave. (Entrance off Willow),
Judy, 604-530-0589;

North Vancouver: Wednesdays, Linda 604-985-5840;

Surrey: Saturdays 4-5:30pm, (Hindi/Punjabi) Gursharan, 604-590-3924.



The Power of Positive Partying

Popular **Just Dance!** is a positive party event offering an upbeat selection of music from all around the world. Boasting a rich collection of toe-tapping tunes, the deejays keep the crowd hopping with music such as African, Latin, Celtic, Pop, Nu-jazz, Trance and many more.

Held in an alcohol and smoke free environment, this innovative community event is a unique opportunity to fully be in your joy and celebrative spirit. Come dance, let loose or mingle with an open-minded and fun-loving crowd.

Active meditation: 7:30 pm - Occasional free dance class: 8:30 pm - Dance: 9:00 pm.
2114 W.4th Ave. (at Arbutus). \$8 at the door.

January 14 & 28, February 11 & 25

Info: www.just-dance.ca

justdance@infoserve.net / 604-535-0694

THE SILVA METHOD

What **ONE** thing affects **EVERYTHING** else in your life? ...**Your mind.** That's why the Silva Method seminars have millions of Graduates in over 100 countries reporting stress relief, dramatically improved memory, concentration, mental focus, relief from fears and self sabotage, unleashing of intuition and creativity, weight control with a difference, achieved goals, enriched relationships, easier approach to success....

Tool kits of mental techniques with an astonishing range of applications in every field of human activity. Learn to use more of your mind...and have a great time too! International Stress Management and Mind Development Program taught for 36 years in 29 languages. The reason for our remarkable growth and success can be stated in just 2 words: it works. Practice during seminar. Course manual included Free repeat privileges.

PRESENTATION CONFERENCE

FREE Tuesday, January 18 - 7pm

3 DAY BASIC SEMINAR

January 22, 23 & 29 - 10 a.m.

UBC ROBSON SQUARE downtown

Free introductory

info@silvamethod-canada.com

Phone / fax 604 925 0816

<http://www.silvamethod-canada.com>



**ART OF
LIVING**

www.artofliving.org

Make life a celebration. The Art of Living courses improve health and give greater happiness by eliminating stress through a powerful breathing technique that purifies and rejuvenates the mind and body. Teacher trained by His Holiness Sri Sri Ravi Shankar. Contact: 604.228.8728

be wise advertise

Call 604-733-2215

As well as you, there are a **quarter million** other people reading Common Ground magazine each month. We are 100% **Canadian owned** and almost **twice the circulation** of our nearest competitor. By advertising your product, service or event with us you will increase your success.

continued from page 9

interview, McLuhan said that the electric media "has extended man in a colossal, superhuman way, but it has not made individuals feel important...Electrically, the corporate human scale has become vast even as private identity shrinks to the pitiable. The ordinary man can feel so pitifully weak that, like a skyjacker, he'll reach for a superhuman dimension of world coverage in a wild, desperate effort for fulfillment...The media tend to make everybody puny, while offering them the opportunity to be supermen."

With the so-called "war on terror" - a vast and rubbery term indeed - the opportunity for bored young men to become supermen has shifted focus recently. In 2001, US military recruitment began to appear in skateboarding and computer gaming magazines, as part of a teen-targeting campaign going by the slogan "An Army of One." The advertisements trafficked in the imagery of Schwarzenegger films. One image from a skateboarding magazine was described in The Globe and Mail as "of a soldier in a black-visored motorcycle helmet, cartridge-studded black body armor, black gloves and a big black weapon." Behind the soldier are lines suggesting the noisy pixels of a fuzzy TV or computer screen. The copy boasts of the "soldier system that gives me 360-degree vision in pitch black."

The copy continues: "Makes me invisible to the naked eye. Let's me walk up a

mountainside. And run in a desert. You've never seen anything like me. But don't worry. They haven't either. I Am an Army of One. And you can see my strength."

Old recruitment ads traded on the sentimental appeal to public service or patriotic duty. In contrast, the Army of One campaign deftly capitalizes on the pop-culture imagery of hi-tech violence to sell the young on the opportunity to carry private dreams of violent retribution into the nightmare world of international conflict. Of course, it's a ruse: teamwork is the order of the day in the military, not some Robocop/Terminator mission direct from Donald Rumsfeld. But advertisers know that reasoned deconstruction of their ads aren't likely from bored young man in the 'burbs with a talent at Halo 2.

The appeal to anger, and violent revenge, features powerfully in the jihads of fundamentalist terrorists. The hi-tech western variant, drawing on the vast subterranean imagery of secular vengeance from US media, undoubtedly can only aid the "full spectrum dominance" cited by Vice-President Dick Cheney for US global control. And in a battle for hearts and minds, the West is engineering a combustible mix of righteousness and rock n' roll. In a November 2004 report on the second assault on Fallujah, Agence France-Press described how "35 marines swayed to Christian rock music and asked Jesus Christ to protect them" prior to the biggest battle since US troops invaded Iraq

last year.

The troops, with "buzzcuts and clad in their camouflage waved their hands in the air, M-16 assault rifles laying beside them...chanted heavy-metal-flavoured lyrics in praise of Christ late Friday in a yellow-brick chapel. 'Victory belongs to the Lord,' another young marine read... The marines then lined up and their chaplain blessed them with holy oil to protect them."

We may be seeing the outlines of a new

continued from page 15

and evaluating each other, and start to move into an aligned sense of purpose, people visualizing goals together, getting excited about and producing results together.

Coaching is multiple things to multiple people; it's increasing our capacity for genius and connection with each other toward achieving our goals and finding our purpose in life. In working with organizations, I am thrilled with the power of coaching to increase the intelligence of organizations and the value structures that make our life at work meaningful.

I also love bringing programs, particularly the art and science of coaching, into the public arena. It's a training that's becoming popular in many countries and it provides a framework that takes people way beyond their expectations about what they think they're capable of.

kind of western culture of rage, meant to match the culture of rage in the East. Whereas the latter makes an appeal to defending Islam, its western doppelganger makes an appeal to freedom under our own alternately wrathful and merciful God. Is the "war on terror" morphing into a high-tech Children's Crusade, with Christian rock radio as the Pied Paper, and PlayStation, X-box and the Good Book as user guides?

Vancouver writer and political cartoon-

JR We've watched kids at games and saw the value of coaches there. Each of us needs a coach.

MA It makes a difference. And it's always the right time to start.

JR: Finally, is there anything else you want to say to our readers?

MA First of all I'd like to invite people to become curious and to find out about Erickson College. We have programs happening in Vancouver, Victoria, Calgary and other major cities; particularly the art and science of coaching, which is an accredited program with the International Coaching Federation. We are very proud of that federation moving minds all over the world.

Marilyn Atkinson, PhD is a registered psychologist, professional coach, NLP master trainer and founder of Erickson College. This is the second of a two-part interview; Part 1 was printed in the December magazine. More info www.erickson.edu, 604-879-5600 or info@erickson.edu

ANIMAL FRIENDS HOLISTIC THERAPIES FOR ANIMALS

Emotional & Behaviour Therapy
Animal Communication
Energy Healing & Reiki
Natural Nutrition Program
604-945-0830
Email: info@sacredbond.ca
www.sacredbond.ca

EDUCATION
ACADEMY OF REIKI SCIENCES
Classes, Individual, Correspondence
Reiki I \$150, Practitioner \$250,
Advanced \$350, Master \$750.
Manual/Diploma, Registered
Teacher (604) 739-0042

FOR RENT
Practitioners needed to sublease
space in wellness centre to be open
soon in Yaletown or Guildford.
We specialize in detoxification
and weight loss. Yearly or
Monthly Lease available. 604-
762-6055 www.saluswellness.ca

Clinic space for rent in a New
West character house. Up to four
treatment rooms are avail for
your professional practice in this
prime location. 604-929-0899.

IMMIGRATION
Authorized representative for
Canadian immigration (CSIC
Member) can help you move
permanently or temporarily to
Canada. Family and spousal
sponsorships a specialty. Call
Ron at (604) 970-0629 or visit
www.bestplace.ca/contact.html.

INTUITIVE ARTS
TEA LEAF & TAROT READINGS
at An Herbal Bliss Tea & Herb Co.
604.222.8800

AWAKEN YOUR SOUL
Soul Awareness Readings
- Guided Meditations - Energy
Alignments Katrice 604-685-4143

BRITISH PSYCHIC RAZIEL ROSS
604.897.0682
www.razielross.com

IRIDOLOGY
Tried Everything? Still Not Well?
Eye analysis, natural health
assessment 604-684-9755
Certified Iridologist, herbalist

**MUSICAL
INSTRUMENTS**
Indian instruments for sale:
Harmoniums, Sitar, Tablas,
Dholaks, Tanpuras. Professional
quality instruments directly
imported from the finest highly
reputed manufacturers. Full
selection of instruments and
accessories. Great for singing,
chanting and prayers
604-581-8533 / 778-881-3340
www.raagtaal.com or Showroom:
15168-Fraser Hwy, Surrey, BC

PERMACULTURE
**PERMACULTURE
INTRODUCTORY WORKSHOP
WITH PETER LIGHT.**
Conceptual and hands on. February
4-6, March 4-6, April 1-3. Sunshine
Coast. Registration: 604-817-
4974 neva@oldgrowthfree.com

PSYCHOLOGY, THERAPY & COUNSELLING

ADD / ADHD
Mind-body therapy for children &
adults - natural, gentle & effective
Pearl 604-945-0830
Email: info@sacredbond.ca
www.sacredbond.ca

RETREATS
**30TH KOOTENAY LAKE TAI
CHI RETREAT AND TEACHER'S
TRAINING**, August 21-27,
2005 (250) 352 2468,
chiflow@uniserve.com, www.retreatsonline.net/kootenaytaichi

CLEANSE AND REJUVENATE
Raw foods, Juices, Grains,
Colon Irrigation etc. in
Saskatchewan. \$100/day
www.bbcandada.com/avsp
(306) 691-5433

TAROT
INSTITUTE OF TAROT TRAINING
Classes, Individual,
Correspondence,
Certification, Readings
604.739.0042

On Track Zodiac

JANUARY 2005 by Ilona Hedi Granik



ARIES (March 21 – April 19)
It may be important to remem-
ber to stay sane and grounded.

To buy into any fears now would not be
prudent. Others may attempt to persuade
you into thinking as they do. However
this should wake you up to your personal
power. Tune into safety and calm.



TAURUS (April 20 – May 21)
Realize that you aren't being
singled out and picked on.

Sensitivities run high as you become
softer and more attuned emotionally. It's
a time of tenderness and sharing. A sur-
prise gift will be handed down to you as
if from above.



GEMINI (May 22 – June 20)
Remember those places where
animals are captive, to remind

you of your own personal barriers. This
is a transition time and you can break
free by realizing your fate. Put things into
action. If you can imagine it you can also
create it.



CANCER (June 21 – July 22)
Emotional stresses could
wreak havoc on your health:

Stay tuned to your process, and be mind-
ful. Your body craves freedom and stay-
ing in balance. Choose not to infect your
system with incongruent thoughts and
deeds. Take a recess, it's very healthy.



LEO (July 23 – Aug. 22)
You seem to have a fresh
desire for the lavish and exot-

ic. You might be excited by new esca-
pades with different cultures. You simply
don't want to repeat the mundane and
long for originality in yourself and others.
Even if you spend more time standing on
your head, mix it up. You are in the pink.



VIRGO (Aug. 23 – Sept. 22)
You discover the well-kept
secret of exhilaration when

giving back and doing for others. It's a
road less trampled but you are up for it.
That warm and fuzzy feeling is following
you into your community and all your
encounters. In your stride now, you are
an emissary of trust.



LIBRA (Sept. 23 – Oct. 22)
The longing for a perfect
partner may run its course.

The relationship you have with yourself
is a full-time commitment. A marriage of
your heart and head will come together.
By the power invested in you, you pro-
nounce yourself balanced and loving.



SCORPIO (Oct. 23 – Nov.
21)

Temptations are in your
midst. The treasures of the senses beckon
and you just may delight in whatever
strikes your fancy. The bigger the bite the
more to digest. You will be summoned to
deliver, but you will invest in your spirit.
There, the payoff is richer.



SAGITTARIUS (Nov. 22 –
Dec. 21)

If there are tensions now,
don't try to talk yourself out of necessary
action. What your head begs you to do
may not be where your heart leads you.
This is going to be a breakthrough year
and you will never be the same.



CAPRICORN (Dec. 22 – Jan.
19)

Self-promotion brings you
closer to success. Many new techniques
for furthering your career are open to you
now. While you atone you also reap finan-
cially. The usual conservative approach is
replaced with gusto. You bring a higher
quality to your endeavours.



AQUARIUS (Jan. 20 – Feb. 19)
Times of great catharsis bring
deeper healing. The command

in your voice to ask for what you want is
heard loud and clear. Illusion is a lot like
salt and sugar, it is in everything; we just
need to look for it, although it may slip in
unnoticed. Be omnipresent.



PISCES (Feb. 20 – March 20)

Walls within you have come
down. Solitude meets the
waves of sudden events. They
crest and fall into chaos, turmoil and back
into the current. On and on it moves, all
working in tandem. You embellish on
your elegance and stay in the flow.

Ilona Hedi Granik is a clairvoyant con-
sultant and author with 31 years of expe-
rience in astrology, multi-media art and
healing. Ilona23@shaw.ca

Aphrodite's Café & Pie Shop

Organic Delights

Vancouver's First Truly Organic Café.

Eat In or Take Home

NEW: Veggie Pot Pie, Turkey Pot Pie

- Yummy vegetarian soup & farm fresh salad
- Brewed chai hot or iced & 100% Organic Fair Trade coffee & tea
- Authentic thin crust Italian Pizza: wheat & spelt crust
- Brunches on weekends 11-4
- Organic fruit pies & desserts
- Open 11-9 Mon-Sat • 11-8 Sun

Alma W. 4th Ave. Dunbar

Banyen Books

*Building est. 1927

Aphrodite's

***Café & Pie Shop**

3598 West 4th Avenue
allan_christian@telus.net
604-738-5879
Next to Banyen Books

CALENDAR OF EVENTS

List at: www.commonground.ca > Advertising > Datebook

DATEBOOK

JAN 7

The Three Kings Play, from the medieval Oberufer Cycle at Highlands United Church, 3255 Edgemont Blvd, North Van 1:30 & 7:30pm. Info Abegael 604-985-5168

JAN 8, 22

Shamanic Drumming Circle. Journeywork to experience your dreamtime animal spirit guardians/teachers. Saturday. 7pm. Newcomers welcome. Vancouver Multi-Cultural Centre. Donation. 604-418-9636 www.shamanichealing.info

JAN 10 - FEB 14

Laughtersize combines laughter with relaxation to have you feeling good and reducing stress. West End Community Centre \$35/6weeks \$7. Drop-in (Mondays) (604) 257-8333 Course # 44801.101.WE

JAN 12

Cuba Slide Show. Proceeds to Kits High School Cuba trip. The Travel Bug, 3065 W Broadway. 7:30pm. Reservations: 604-737-8132. By donation.

JAN 14, 15, 16

Introduction to Foot Reflexology commences Certificate Weekend Course. Intro: \$10. Course: \$295. Pacific Institute of Reflexology (604) 875-8818.

JAN 15

Solving our Human Problems Day Course with Gen-la Samden Gyatso. Outstanding International Buddhist Teacher for our modern times. 11-5pm Burnaby Lake Pavillion 604.221.2271 www.tilopa.org

JAN 16

Dream Workshop Bring your Dreams to Consciousness this New Year 1pm-4pm \$25/person Blacspot Living Canvas 4118 Hastings Street, To register contact: josli@blacspot.com 604.767.9269

JAN 17

Dr. Ralph Carson will be speaking on the Amazon acai berry and nutrition. 7:00pm, Accent Inn, Burnaby. Free (registration required) Info. (604) 783-2275

JAN 18

The Silva Method Presentation Conference: Basic Seminar 7pm UBC Robson Sq. Free Intro call info@silvamethod-canada.com 604-925-0186

JAN 19

Dreams And What They Mean To Us. Speaker: Delores Bate 7-8pm Place: The Lonsdale Quay Hotel, North Vancouver. Free Admission. Information: 604-987-6959

GE Foods: Bio-utopia or Biohazard? Video, Panel, Councillor Tim Louis: 7:30pm at Holy Trinity, 1440 West 12th. Info: 604-327-9313. Council of Canadians - free.

JAN 20

Humanitarian Intervention talk by lawyer Gail Davidson, 7:30 pm Unitarian Church Centre, 949 W.49th Ave. All welcome. No charge. Info: (604) 874-9982 or lkazdan@shaw.ca

JAN 21 - 23

24th Annual Guelph Organic Conference. Univsersity of Guelph. Conference Manager, Tomas Nimmo 705-444-0923. organix@georgian.net

JAN 23

Kits Classics + Worlds Beyond presents Sonic Ellipse with world musician Boris Sichon 4:00pm 3214 W. 10th Ave. 604-732-3990 Free

Gibsons-Chaster House, 2-4:30pm, "New Beginnings - Create What You Really Want" Seminar with Natasha J. Rosewood, Psychic Mind Coach. Fee: \$25. Pre-register at (604)886-5718 or www.natashapsychic.com

JAN 26

The Joys (and benefits) of Laughter in Daily Life. Speaker: Hugh McClelland. 7-8pm The Lonsdale Quay Hotel, North Vancouver. Free Admission. 604-987-6959

JAN 26, FEB 1,9,16,23

'War on Health' series - Cell phone risks, EMR expert Milt Bowling, documentary excerpts, demo of harm. Feb-vaccines; aspartame; AIDS; 7:30pm 2150 Maple St. \$8/\$7 604-327-9313

JAN 27

Sechelt - Driftwood Inn, 7-9:30pm, "New Beginnings" Create What You Really Want" Seminar with Natasha J. Rosewood, Psychic Mind Coach. Fee: \$25. Pre-register at (604)886-5718 or www.natashapsychic.com

Decoding the Dao. Sacred Geometry of the I-Ching and dimensions of consciousness, with Mondo Selter, Ph.D. author of "The I-Ching Handbook" 7:00-9:30. \$12-\$16-\$20 (604)763-4322. artazzen@telus.net

FEB 12 - MAR 5

Dao of I-Ching. Four Saturdays with I-Ching Handbook author, Mondo Selter, Ph.D. Create relationships and define life's situations using eight universal archetypes. \$320 (\$95ea.) (604) 763-4322. artazzen@telus.net

FEB 20 - MAR 5

Professional Healing Training. Wks 1 & 2 of a 5 week Diploma Course. In-depth tuition in Natural Spiritual Healing - the primary therapy. SRMH Centre, Sunshine Coast. 1-604-740-0898.

MAR 6 - 12

Pure Meditation. An ancient, specific form of concentration that attunes you to the Highest Divine Love and Wisdom. Taught by direct disciple of Mata Yognandaji SRMH Centre, Sunshine Coast.1-604-740-0898.

SUNDAYS

International Spiritualist Alliance #1A -320 Columbia Street, New West (Downstairs) 604-521-6336. Sunday Services 11am. Rev. Joyce Tarvin 604-433-6663 www.isacanada.ca

MONDAYS

Acupuncture treatment 50% off with free consultation. Relief stress and pain etc. Mornings only at Acuquimed Centre. Broadway Station. By appt: 604-961-8834

TUESDAYS

Reflexology Student Clinic sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

Free community lunch hosted by St. Mary's Church Kerrisdale, 2490 West 37th Ave at Larch St. Lunch served: 11:30am-1pm 604-261-4228.

WEDNESDAYS

The Healing Bodywork Centre offers a "Pamper your Partner" evening every last Wednesday of the month. 604.737.8350

Hawaiian Healing Night 7pm. Hawaiian guided Meditation, Sharing the Aloha, and snacks after, meet like minded people and share. \$5.00 donation. At Hale Ola - a place of Healing 1215 Madison ave. Burnaby 604-431-7474 Kaimana and Moanikeala

Shambhala Open House 7pm meditation instruction, sitting meditation. 8pm refreshments, talk and discussion. Free. Shambhala Meditation Centre, 3275 Heather at West 17th.

ONGOING

Free Meditation workshop: Experience kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi & enjoy your Powers at our Weekly classes, always free and open to all. 604 597-8440 www.sahajayoga.org

Hakomi Therapy and Trainings Individuals, Couples and Small Groups www.amindfulway.ca Jeff Chernove 604.952.4190

Clinical counseling and coaching: Family therapy (V. Satir, M. Erickson) Relationship Counseling, Addiction Counselling, Hypnotherapy. Luisa Sanchez RCC, NLP, SFC luisaanchez@yahoo.ca 604-731-3110

DATEBOOK LISTINGS

Follow the links on our website. Deadline is the 15th of the month. \$35+GST for 25 word listing



JAN 29

Vancouver Reiki Master Exchange. Come meet other Reiki Masters, share Reiki, experiences in an informal afternoon. Canadian Memorial Centre for Peace. Registration 604-876-8816 or www.threshold.ca/reiki

FEB 4 - 6

The Dance of Zen Brush with Ari Tomita. Three day workshop developing intuitive creativity and joyful spontaneity. Pre-registration \$250 plus GST and materials. artazzen@telus.net (604)687-0088

FEB 25, 26, 27

Introduction to Foot Reflexology commences Certificate Weekend Course. Intro: \$10. Course: \$295. Pacific Institute of Reflexology (604) 875-8818.

FEB 25 - 27

Prenatal Yoga training. Infant Massage training, (8:30-5pm) & Understanding Female Pelvic Floor (6:30-9:30pm). Discount for early registration. Lesley at 604-730-9274 or www.motherwellness.com

SUNDAYS

The Centre for Spiritual Living Inspired by the teachings of Deepak Chopra and Louise Hay? You'll love our Sunday services, 11:00am. Children welcome. 1495 W. 8th Ave, Vancouver, 604-321-1225 www.cslvancouver.com

MONDAYS

Shambhala Buddhism Open House 7pm meditation instruction, sitting meditation practice. 8pm refreshments, Buddhist talk and/or video and discussion. Free. Shambhala Meditation Centre, 3275 Heather at West 17th.



Plenty

TWENTY SOMETHING

by Ishi Dinim

Plenty to think about, to write about. Trying to reflect on the immensity of time in a year past exposes my cracks in memory and the transformation in attitudes towards the experiences that were retained. Constant changes occurring, flashing between old depths and new heights. Aspirations, agonies, breaking patterns, finding discipline, passion, choice, growing, adapting, always trying to recall what really matters.

I was standing in puddles of werewolf blood and hot bullet casings at work last week. There was a surreal moment, during

that 16-hour work day, where I found myself saying in my head, "I don't know who I am anymore?" Thankfully I've been able to partly remember or reinvent who that exactly is. There is so much activity in the world that it is easy to alienate the core of what we're truly all about. I drove past a church the other day and there was some saying about not letting busyness get in the way of love. I am the love part not the busy part.

When my grandpa Bob was dying in 1986 my father offered him a session in a sensory deprivation tank, he accepted. As

the story goes during his time in that tank a major shift took place. "I'm never going to wear a belt again." From that moment until his death he never did, opting for suspenders or nothing at all.

Meeting babies, children, and old people allows a window into different perspectives on life. Varieties of peoples' size, age, colour, shape, and stories make for interesting encounters and fills the imagination.

Thank you to each person who took the time this past year to write and share ideas, hopes, and dreams. It is inspiring to connect with strangers that appreciate a good bit of correspondence.

Activity, motion, air filling the lungs and blood rushing around inside me. That is what is important. Getting exercise keeps the sanity.

It is too beautiful outside to continue writing so I leave you this year with a great

appreciation for life. We have everything we need to get by. Enjoy it.

Quotes:

Love is a snowmobile racing across the tundra and then suddenly it flips over, pinning you underneath. At night, the ice weasels come.

- Matt Groening

The Grand essentials of happiness are: something to do, something to love, and something to hope for.

- Allan K. Chalmers

Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti, and ponders many things. Currently he is trying to figure out what to do with the rest his life.

contactishi@yahoo.ca waiting to hear echoes back...

This year...

GO WILD



There are over 85 industrial salmon farms in BC. These farms threaten the environment and our wild salmon through the spread of disease, sea lice infestations, toxic chemicals and pollution. This year be good to your health and the environment and **just say no to farmed salmon.**

- ▶ The next time you are going to buy salmon in a restaurant or grocery store **ASK** if it's wild or farmed.
- ▶ **CALL** Premier Gordon Campbell and let him know how you feel about the expansion of fish farms in BC's coastal waters. Phone the Premier at (250) 387-1715 or email premier@gov.bc.ca



WESTERN CANADA
**WILDERNESS
COMMITTEE**

join us. your \$30 membership makes a world of difference.
Call 604-683-8220 or visit our web site at www.wildernesscommittee.org

**RISE to
your full
potential...**

**OMEGA ALPHA
PHARMACEUTICALS INC.**
www.omega-alpha-pharmaceuticals.com
416-297-6900 · 1-800-651-3172



ERECTOL
Bois Bande is well known and has a reputation as an aphrodisiac that has reached legendary status.



**HORNY
GOAT WEED**
This herb has been shown to stimulate sensory perception, thus increasing sexual desire.



VITA SEX
Safe, powerful and natural formula with a combination of nine herbs specially blended to enhance sexual health.



**PUNCTURE
VINE**
This herb has been observed to increase Testosterone levels as well as sperm count and mobility.

Available through: **AA Organic Health Food Store** 809 Davie St., Vancouver - (604) 681-0101 · **Alive Health Centres** Richmond Centre, 1834-6060 Minoru Blvd., Richmond - (604) 278-2788; Metropolis at Metrotown, 1139A-4700 Kingsway, Burnaby - (604) 430-9622; Guildford Town Centre, 2269 Guildford Town Centre, Surrey - (604) 581-3781; Sevenoaks Shopping Centre, 315-32900 S. Fraser Way, Clearbrook - (604) 854-6816; Cottonwood Mall, 33-45585 Luckakuck Way, Sardis - (604) 858-8796; Oakridge Shopping Centre, 271-650 W. 41st Avenue, Vancouver - (604) 263-3235; Central City (Surrey Place Mall), 717 Central City Shopping Centre, Surrey - (604) 589-3623; Royal City Centre, 137-610 6th St., New Westminster - (604) 526-6317 · **Genesis Nutrition Stores** 11040 Davis Street, Vancouver - (604) 608-0318; 264E Broadway, Vancouver - (604) 879-2800; 2682 Broadway, Vancouver - (604) 739-7788; 6620 No.3 Rd., Richmond - (604) 276-0020; 100 Schodhouse St. Unit 402, Coquitlam - (604) 516-6981

Mental Boost. Body Boost.



SAM-e (S-adenosyl-methionine) is a compound that our bodies naturally produce from methionine, an amino acid found in protein rich foods. SAM-e is a safe and naturally occurring product that has been used in Europe for a number of years, with great success, for a variety of disorders including mild depression, osteoarthritis, and fibromyalgia.

SAM-e is a necessary ingredient in the manufacturing of our neurotransmitters that control relaxation and happiness. These neurotransmitters are serotonin, dopamine and phosphatidylserine. In the presence of SAM-e our body increases production of these neurotransmitters relieving mild depression quickly, and often faster than with tricyclic anti-depressants, with little or no side-effects.

SAM-e has been shown to increase the production of proteoglycans. Proteoglycans are a major building material for cartilage. Thus SAM-e helps to increase both the strength and integrity of cartilage in the joints preventing further wear and tear and arthritic destruction. SAM-e also helps to decrease destructive inflammation and subsequent pain.

Website: www.questvitamins.com • Info: 1-888-264-0611

PREMIUM QUALITY

QUEST

Genuine and still the strongest.



PART OF THE GREENS+ HEALTH PROGRAM

Research-Proven:

- ✓ More Energy
- ✓ Highest ORAC*
- ✓ Bone Support
- ✓ Antioxidant power of 6 servings of organic fruits and veggies
- ✓ Highest PRAL**

*Oxygen Radical Absorption Capacity, a measure of antioxidant ability (**greens+** contains both fat & water soluble antioxidants)

**Potential Renal Acid Load, a measure of alkalinity (a more alkaline body = a healthier body)

Increase energy and improve overall well-being with the research-proven power of **greens+**.

Not only is **greens+** the green food category innovator and leader, it's also your only green food source of rich, energy-giving bee pollen, royal jelly and licorice. With 100% standardized herbal extracts and the promise to never contain added sugar or salt, only **greens+** assures you of genuine results you can feel with every bottle.

Drink your **greens+** daily to increase your energy and feel like a superhero – everyday!



Our Total Quality Obligation guarantees your satisfaction - or your money back.

Tel: (416) 977-8765 or 1 877 500-7888

To sign up for our **Health & Happiness** online newsletter, go to greenspluscanada.com



Just look for the leaves.

Feel Super & Win!

WIN an iPod Photo, **greens+** gear, and valuable coupons!
Visit participating retailers or greenspluscanada.com for more details.

